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*Official*

# *Basket Ball Guide for Women*



Containing the  
Revised  
Official Rules for

**1918-19**

as Adopted by the  
American Physical  
Education Association

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## Questionnaire Blank

The questionnaire is inserted in each copy of the Basket Ball Guide for Women with the request that everyone playing the game will fill out these blanks and return them to the Committee. In this way everyone has an opportunity to send in his or her suggestions as to changes in the rules, and the Committee is kept posted on the progress of basket ball all over the country and whether or not the rules are meeting the needs of different sections.

It is urgently requested, therefore, that everyone, after trying out the rules thoroughly during the winter, fill out the blanks and return them before April 1. Those received after this date cannot be used.

1. Do your girls play basket ball?
2. If so, what rules do they use?
3. If you use rules other than A.B.E.A. (Spalding) official rules for women, why do you prefer them?
4. Do you play intramural games?
5. Do you play games with teams outside your own organization?
6. Does competition with outside organizations influence you in the selection or modification of rules? How?
7. Have you found the changes in the last section of the Spalding rules satisfactory?
8. What is your opinion on allowing the center to throw for basket in the
  - a. 2-line (3 division) game?
  - b. 1-line (2 division) game?
9. Have you used the 12-inch double line (neutral space) for field divisions? If so, have you found it influences the number of line fouls committed?
10. If you have not found the present rules satisfactory, what modifications have you made and what suggestions would you make for the next edition?
11. What other organizations in your vicinity play basket ball and what rules do they use?

Name .....

Organization .....

Address .....

Please return blanks to Miss Leslie Sawtelle, 105 South Huntington Avenue, Boston School of Physical Education, Boston, Mass.

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GROUP V, No. 7A

# Official Basket Ball Guide For Women

CONTAINING THE  
REVISED RULES  
1918-19

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DEC 14 1918



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1915/16

## Introduction

The Basket Ball Rules Committee recognizes and wishes to emphasize that as "woman is not undeveloped man, but diverse," so is basket ball for women not a modified, expurgated, imitation of basket ball for men, but a different game.

Basket ball for women demands less endurance, but greater agility and speed, and puts a premium on strategy rather than on force. Limiting an individual player's opportunity to carry off the laurels of a game puts no limit, however, on her responsibility to "do her bit," and training that makes for co-operation with subordination of the personal element cannot be improved upon, certainly as a preparation for citizenship.

From those players and coaches who scorn the "woman's game," may we respectfully ask a fair study and trial of the rules as herein given, with a holding in abeyance for such time any preconceived ideas of the utter worthlessness and stupidity of anything labeled "for women?"

The Rules Committee presents this revision of the Basket Ball Guide for Women after a most thorough study and discussion of every rule and section. Miss Florence Alden, to whom we are indebted for the work of editing this year's rules, has contributed from her extensive and successful experience toward making the rules not only clear and explicit as to the conduct, but to the spirit and purpose of the game as well.

In addition to the Editorial Committee there are two other sub-committees of the Women's Basket Ball Committee, i. e., the Questionnaire and Extension Committees.

The Questionnaire Committee prepares a list of questions to be sent to a selected list of instructors and coaches at the beginning of each season. The returns from these questionnaires are reported and discussed at the meeting of the general Rules Committee and serve as a basis for changes in the rules for the following year.

The Extension Committee arranges for local public meetings of all persons—players and coaches—who are interested in basket ball in any given community. The object of such meetings is to decide on one interpretation of rules and secure unity of action in each locality.

Those coaches and players who are not reached by such extension meetings should send all questions regarding interpretation of rules to Mr. George T. Hepbron, 45 Rose Street, New York City. A self-addressed stamped envelope always should be enclosed. If several questions are asked, one question only should be put in each paragraph, and particular attention should be paid to noting rule and section numbers. Where a reply is desired on the same sheet with the inquiry, such inquiry sheets should be sent in duplicate. The Committee requires that all inquiries be kept on file with a carbon copy of the answer and submitted for discussion at general meetings of the Rules Committee.

HELEN MCKINSTRY,

Chairman Basket Ball Committee.

## Editorial Comment

BY MISS FLORENCE D. ALDEN, CHAIRMAN EDITORIAL COMMITTEE.

As the most casual glance will show, the form of the rules this year has changed in style and personal appearance. Those who are familiar with the men's rules will see that the change is toward conforming as much as possible to the wording and arrangement of the men's rules, without in any way altering the spirit of the women's rules. The Editorial Committee, in frank self-criticism, felt that the rules last year were verbose and over-detailed and that the arrangement was confusing. They made a careful study of the men's rules and felt that in this respect they were decidedly better.

Another strong argument in favor of this arrangement is that it is a great aid to people coaching both men's and women's rules. Last year "it took a lawyer" to delve out the differences, and instructors who taught both boys and girls suffered great confusion in turning from one to the other. In this year's edition the rules in most cases are numbered the same, the order of sections is as nearly as possible the same, the grouping at the end of violations and fouls with their penalties equally clear and concise, so that a glance shows the differences. The index also should prove helpful in finding points quickly. "Questions and Answers" on doubtful points, we hope, will prove useful to you in your decisions.

The answers to the questionnaire sent out last spring were of immense value to the Committee. Most of the revising was based on the results. The change in ruling that needs the most comment is the double or 12-inch field line. All changes in line regulations have been due to a desire to reduce the number of violations, thus lessening the constant delaying of the game. The double or wide line, 12 inches over all, has been tried very thoroughly by a great many players, especially a group of instructors and players in New England. They agree unanimously that it is the most successful means yet found of reducing the number of line violations. The Questionnaire Committee received so many requests for this change that the Basket Ball Committee decided to ask you to give it a very definite, open-minded try this year. Probably everyone of us who has ever coached, or played, especially, deplores the constant breaking up of quick, scientific play by the giving of foul and line penalties: so that we are glad to welcome and try anything that will add to the science and fun of the game without affecting the spirit and safety of it.

If you do not wish to re-mark your floor until you have tried it out, the extra line or the broad line can be marked on with wet chalk and will remain distinct for several days.

In the questionnaire in the front of the book is a question on this point. Will you please take this method of letting the Committee know how this change has worked out?

Rule 1, Sec. 6. This change was made, as the consensus of opinion seemed to be that allowing the centers to shoot tended to a "one girl game" and encouraged bunching under the basket.

In Rule 7, Sec. 19a, as it stood last year, many instructors found difficulty in making decisions when the forward, in throwing for the basket, leaned

far back and the guard in guarding almost always had some part of her body over the forward's body. Hence the emphasis is put upon the "vertical plane" rather than guarding over the body.

Rule 8, Sec. 6. The rule which limited a player to two steps when bouncing the ball was dropped because it was found impractical to have an official attempt to count the steps taken while the ball was in the air.

Rule 8, Sec. 8B. The requiring of the hand behind the back is to prevent what is so excellently portrayed in Plate V. This happens often and in many cases is not noticed by the referee, who is intent on the ball.

Rule 15. Personal fouls are the ones that are the grave offenses against the opponent, the ones that keep the game from being clean and sportsmanlike and that are apt to cause hard feeling between opponents. Hence the distinction was made between personal and technical fouls and the number of personal fouls limited to four.

Several other changes were considered and discussed, but the Rules Committee were not unanimously in favor of adopting them; hence we have not done so, but they will be thoroughly tried in several places. If they prove helpful, they probably will be adopted for the next season.

---

#### DISHONEST OFFICIALS.

We get many letters asking what is to be done with unfair officials. We admit we feel helpless before this question. We have no doubt that many officials are unfair through ignorance of the rules. It is absolutely essential that in all cases of controversy they should be able to explain correctly the rule that bears upon the case. They should feel it just as necessary to be acquainted with all the articles, for if they read them with care they cannot help recognizing the spirit of clean basket ball. Most misunderstandings of the rules would be swept away if the right spirit of the game was kept uppermost in the minds of officials and players. If players are coached to get around the rules, countless difficulties will arise. If they are coached to play an open, efficient, clean game, the rules, in most cases, are self-explanatory.

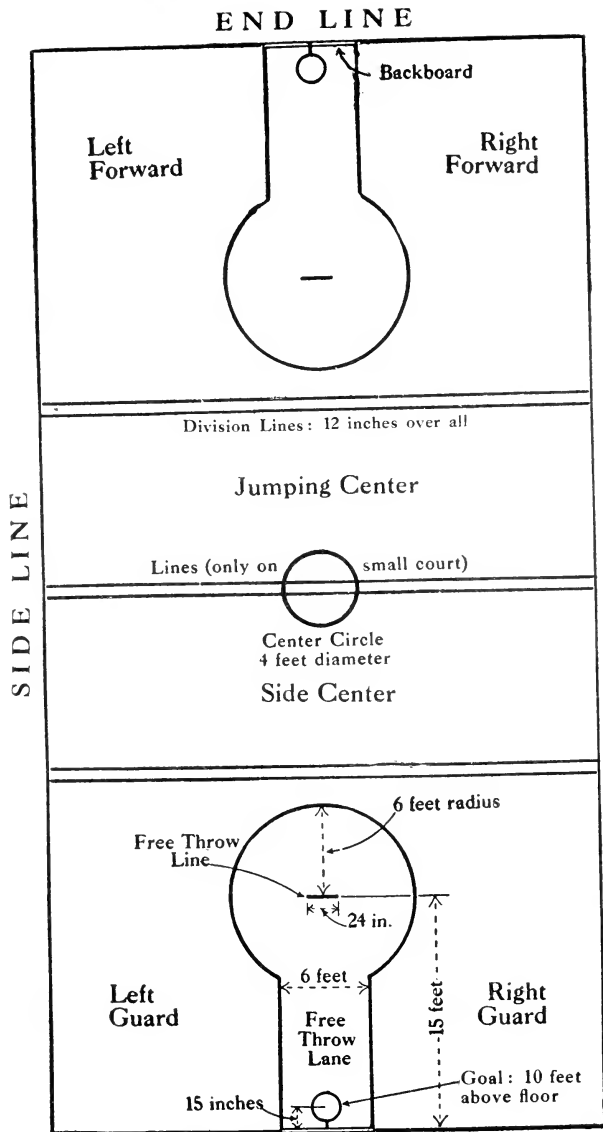
Another suggestion which we believe would do away with a great deal of misunderstanding and unpleasantness is to have the officials and coaches get together *before* the game for a few minutes. They could then discuss any rule that may not be interpreted precisely in the same way by both teams.

If officials are essentially dishonest, the only thing to do is not to play again where they officiate. Don't kick. Don't have endless controversies, which never do any good and only engender a bitter spirit. Play the game through and insist on fairer officials another time.

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#### A GOOD SUGGESTION.

We are indebted to Miss Elizabeth Richards of Smith College for the photographs of plays. A teacher of basket ball has suggested pasting all the photographs on one large sheet of cardboard to be put on the wall for all players to study. She says it helps her girls, more than anything else, to understand the game.



**DIAGRAM OF BASKET BALL FIELD, SHOWING PERMANENT LINES.**  
 Minimum court, 20ft. by 50ft., use two divisions; regulation size court, 35ft. by 70ft., use three divisions; maximum court, 50ft. by 90ft., use three divisions.

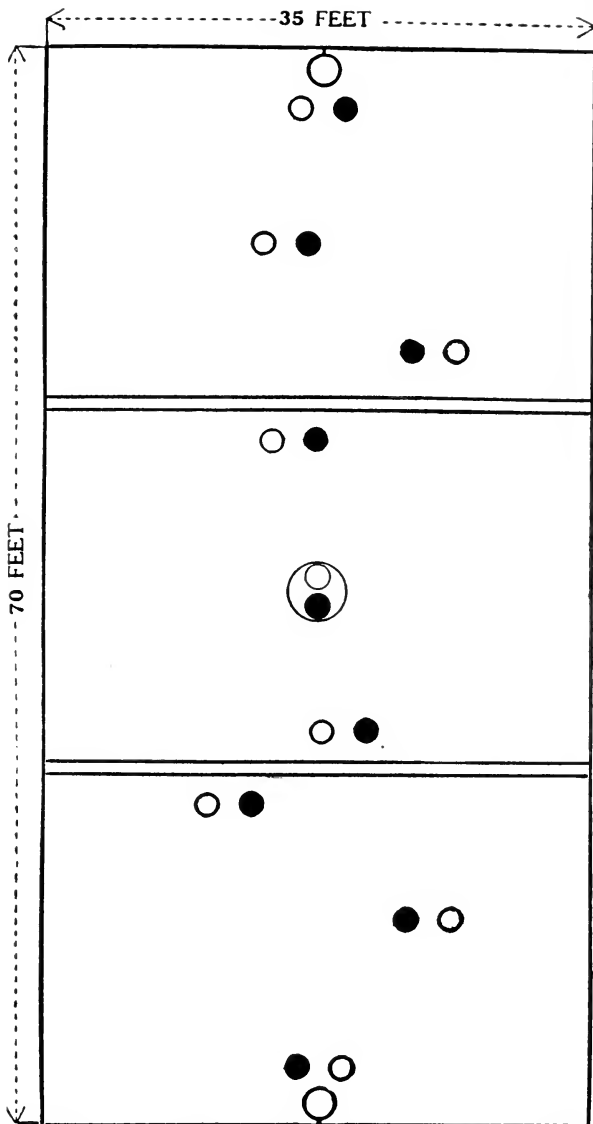


DIAGRAM OF FIELD WITH TWO DIVISION LINES, SHOWING  
POSSIBLE POSITIONS OF NINE ON TEAM.

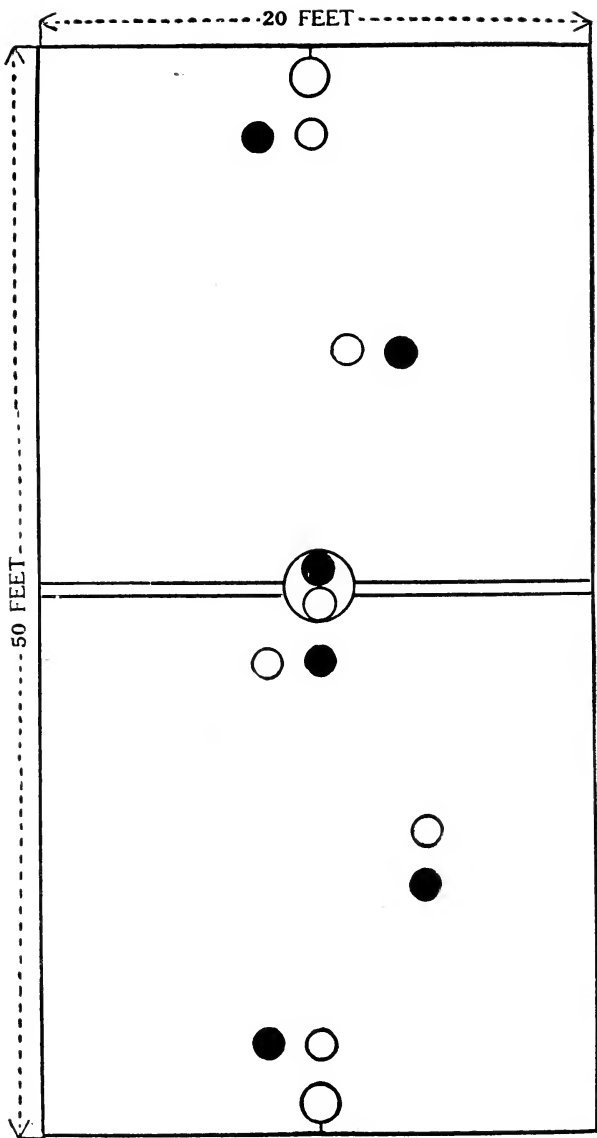


DIAGRAM OF FIELD WITH ONE FIELD LINE, SHOWING  
POSSIBLE POSITIONS OF SIX ON TEAM.



PLATE I—WRONG GUARDING: NOT IN VERTICAL PLANE.



## Women's Official Basket Ball Rules

Adopted June, 1899, at Springfield, Mass.; Revised by Executive Committee of the Basket Ball Rules Committee, October 23, 24, 1905, at New York City. Revised September, 1908; Revised September, 1910; Revised September, 1911; Revised September, 1912; Revised September, 1913; Revised September, 1914; Revised March, 1916; Revised September, 1917; Revised May, 1918.

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### THE GAME.

The Game of Basket Ball for Women is played by two teams of five, six or nine players each. The size of the floor used for playing determines whether the smaller or larger number of players is used. The ball is passed from one player to another, the purpose of each team being to get the ball into its own basket, and, at the same time, to prevent the other team from securing possession of the ball or scoring. A goal made from the field counts two points; a goal made from a free trial counts one point.

### EQUIPMENT.

#### RULE 1.

SECTION 1. The *Playing Court* shall be a rectangular surface, free from obstructions. The maximum dimensions shall be 90 feet in length by 50 feet in width; the minimum, 50 feet in length by 20 feet in width. The regulation size shall be 70 feet in length by 35 feet in width. Court.

*NOTE*—By mutual agreement of the captains, Section 1 and the distance of the boundaries from obstructions named in Sec. 2, may be changed.

SEC. 2. The court shall be marked by well defined lines, which shall be not less than 2 inches in width, and which shall be at every point at least 3 feet from any fixed obstruction. The lines on the short sides of the court shall be termed the *End Lines*; those on the long sides, the *Side Lines*. Boundary Lines.



PLATE II—CORRECT GUARDING.

SEC. 3. The *Center Circle* shall have a radius of 2 feet, and it shall be marked in the center of the court. (See diagram on page 7.)

**RULE 1.**  
Center Circle.

SEC. 4. The *Field* shall be divided into three equal parts by field lines, parallel to the end lines.

Division Lines.

SEC. 5. The *Field Lines* shall be 12 inches wide. Each may consist of two parallel lines forming a neutral space 12 inches wide over all. (See Editorial Comment, page 5.)

Width of  
Field Lines.

SEC. 6. When, however, the length of playing floor is 50 feet or less, the field may be divided into two equal parts by one field line, parallel to the end boundary lines, provided the total playing space does not exceed 1,600 square feet. If the field is divided by one field line, centers only may run from one part into the other, but they may not throw for goal from the foul lines or field of play.

Small Playing  
Floor.

*NOTE 1—Centers may not throw for goal when playing on a three-division field.*

*NOTE 2—If one division line is used, centers should wear conspicuous emblems to mark them from the other players.*

SEC. 7. The *Free Throw Lines* shall be marks, 24 inches in length and 1 inch in width, the middle points of which shall be on the straight line connecting the middle points of the end lines. They shall be marked in the court parallel to and at a distance of 15 feet from the inner edges of the end lines.

Free Throw Lines.

SEC. 8. The *Free Throw Lanes* shall be spaces marked in the court by lines perpendicular to the end lines at a distance of 3 feet on either side from the middle points of the end lines. These perpendicular lines shall be terminated and the lines further marked by arcs of circles having a 6-foot radius with centers at the middle points of the free throw lines. (See diagram on page 7.)

Free Throw Lanes.



PLATE III—GUARDING AROUND; WRONG HORIZONTAL GUARDING.

## RULE 2.

SECTION 1. *Backboards* must be provided, the dimensions of which shall be 6 feet horizontally and 4 feet vertically. The backboards shall be of plate glass or wood, painted white, or of any other material which is permanently flat and rigid. Backboards.

SEC. 2. The backboards shall be located in a position at each end at right angles to the floor. Their centers shall lie in the perpendiculars erected at the middle point of the end lines. Position of  
Backboards.

SEC. 3. The backboards shall be protected from spectators to a distance of at least 3 feet. Spectators  
3 feet from  
Backboards.

## RULE 3.

SECTION 1. The *Baskets* shall be nets of cord or other material, suspended from metal rings 18 inches in inside diameters. The nets shall be so constructed or tied as to check the ball momentarily as it passes through the basket. Baskets.

SEC. 2. The *Rings* shall be rigidly attached to the backboards at a point 1 foot from the bottom and 3 feet from either side, supported by a horizontal arm, which if extended would pass through the center of the rings. The rings shall be placed in such a position that they shall lie in a horizontal plane 10 feet above the floor and so that the nearest point of the inside edge shall be 6 inches from the playing surface of the backboard. Position of  
Rings for  
Basket.

## RULE 4.

SECTION 1. The *Ball* shall be round; it shall be made of a rubber bladder covered with a leather case; it shall be not less than 30 nor more than 32 inches in circumference, and it shall weigh not less than 20 nor more than 23 ounces. Ball—Material,  
Size and Weight.



PLATE IV—CORRECT HORIZONTAL GUARDING.

SEC. 2. The *Home Team* shall provide a new ball, or two good used balls, satisfactory to the **Referee**. If used balls are provided, the visiting team shall choose the one with which the game shall be played, and they shall have it as their practice ball. If a new ball is provided, neither team shall use it in practice.

**RULE 4.**  
Choice of Ball.

## RULE 5.

### PLAYERS AND SUBSTITUTES.

SECTION 1. Teams shall number not less than five nor more than nine players, one of whom shall be captain.

Teams.

SEC. 2. The captain shall be the representative of the team and shall direct and control its play. The captain shall, before the game starts, furnish **Scorers** with names and positions of players and substitutes. The captain only may address any official on matters of interpretation or to obtain essential information when necessary, if it is done in a courteous manner.

Captain—Duties  
and Powers.

SEC. 3. Those playing the position of forward or of guard must stay in their respective sections except during "time out," or between halves. Those playing the position of center must stay in the center section, except when the field is divided into two sections.

Positions in  
Divisions.

SEC. 4. A substitute before going upon the court shall report to the **Scorer**, giving name and position. A substitute shall not enter the court until play has been suspended and shall not participate in the game until officially recognized by the **Referee**. A player who has once left the game shall not re-enter it. As soon as the ball is dead, for any reason, or whenever play can be suspended without disadvantage, the **Referee** shall allow the substitute to enter the game.

Substitutes—  
When and How  
Put In.



PLATE V—WRONG PLAYING AT TOSS UP.



SEC. 5. A player may not leave the playing court without permission of the **Referee** or the **Umpire** until time is called at the end of the half.

**RULE 5.**

Players  
Leaving Court.

## RULE 6.

### OFFICIALS AND DUTIES OF OFFICIALS.

SECTION 1. The officials shall be a **Referee**, an **Umpire**, two **Timekeepers**, two **Scorers**, and two **Linesmen**.

Officials.

*NOTE—It cannot be too strongly emphasized that the **Referee** and **Umpire** of a given game should not be connected in any way with either of the organizations represented, and that they should be thoroughly competent and impartial. The **Referee** and **Umpire** should wear uniforms distinct from those of either team. The officials have no authority to agree to changes in the rules, except those mentioned in Rule 1, Section 1 Note, and Rule 8, Sec. 1.*

SEC. 2. The *Visiting Team* shall choose the **Referee**, but shall notify the home team before the day of the game. Failure to send such notification shall forfeit the team's right to choose the **Referee**.

Choice of  
Referees.

SEC. 3. The **Referee** shall:

Duties of  
Referees.

1. Put the ball in play.
2. Decide
  - a. when the ball is in play;
  - b. when the ball is dead;
  - c. when the ball is held in tie;
  - d. to whom the ball belongs;
  - e. when a goal has been made.
3. Call fouls and administer all penalties.
4. Recognize substitutes.

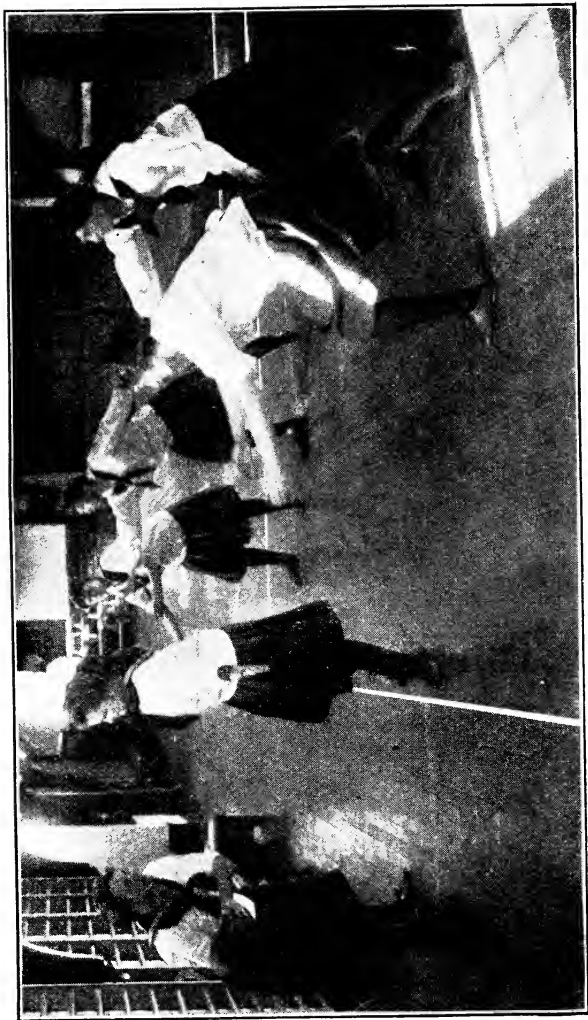


PLATE VI—THROWING IN FROM OUT OF BOUNDS.  
The Player Throwing the Ball in May Throw to Either Forward.

5. Call "time out" when necessary.
6. Decide who had ball before "time out" was called.
7. Announce each goal as made, indicating with raised fingers the point value of the goal.
8. Publicly announce the score at the end of each half.

**RULE 6.**

The final announcement of the score terminates the **Referee's** official connection with the game.

SEC. 4. The **Referee** shall remove from the game a player who has made four personal fouls, or five technical fouls, or a player who has committed a disqualifying foul.

Referee  
Removes.

SEC. 5. The **Referee** shall have power to call fouls for unsportsmanlike conduct, or to make decisions on any points not specifically covered in the rules.

Referee Decides  
Points Not  
Covered in Rules.

SEC. 6. Neither the **Referee** nor the **Umpire** shall have authority to set aside or question decisions made by the other within the limits of their respective duties, as outlined in these rules.

Not to Question  
Each Other's  
Decisions.

If the **Referee** and the **Umpire** make approximately simultaneous decisions on the same play, and the decisions involve different penalties, the one drawing attention to the graver of the two shall take precedence.

SEC. 7. The **Referee** and the **Umpire** shall have power to make decisions for violations of rules committed either within or outside the boundary lines; also at any moment from the beginning of play to the call of time at the end of the game. This includes the periods when the game may be momentarily stopped for any reason. Fouls may be called any number of players at the same time.

Time and Place  
for Designations.

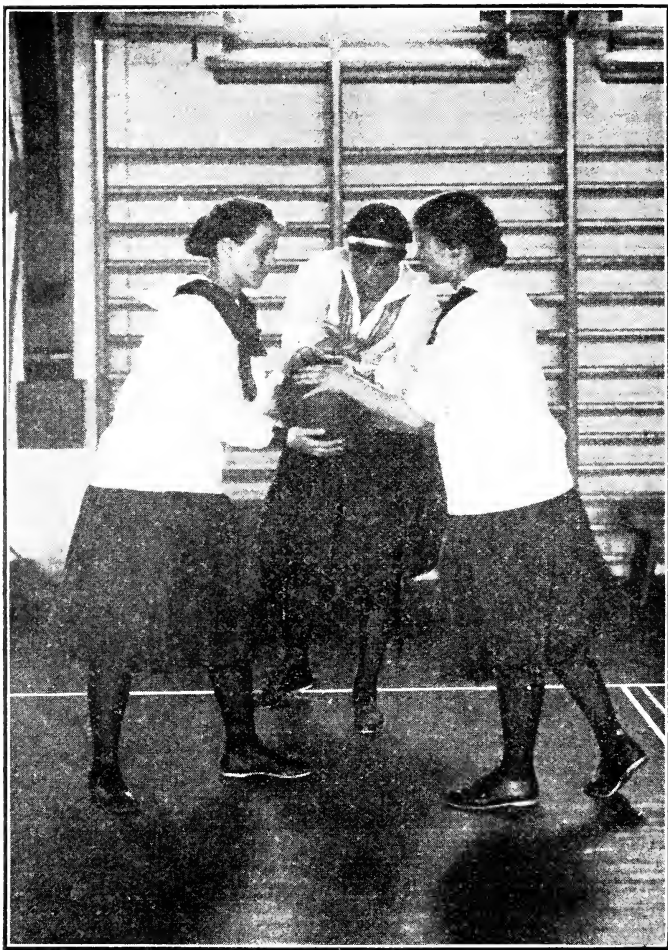


PLATE VII—THREE HOLDING BALL, TWO ON SAME TEAM.  
(WRONG PLAY.)

SEC. 8. The official calling the foul shall designate the offender. A personal foul shall be indicated by the official raising a hand over head.

**RULE 6.**

Designation of Fouls.

SEC. 9. The **Referee** shall call "time out" in case of injury to players. The **Umpire** may stop the game by blowing a whistle, in case of injury to a player which the **Referee** does not see, but "time out" is taken only upon order of the **Referee**.

Injury to a Player.

SEC. 10. The home team shall choose the **Umpire**, but shall notify the visiting team of such selection before the day of the game. Failure to send such notification forfeits the team's right to choose the **Umpire**. The **Umpire** shall call fouls committed by any player, but *shall pay particular attention to the players in the back field away from the ball*. The **Umpire** may, when requested by the **Referee**, assist in out of bounds decisions and shall co-operate in enforcing the rule against coaching.

Choice and Duties of Umpire.

SEC. 11. The **Scorers** shall, working together, keep one record book, in which shall be recorded the goals made and the fouls committed. They shall distinguish in the record between personal and technical fouls. They shall notify the **Referee** immediately when three personal fouls or four technical fouls have been called on a player, in order that the **Referee** may warn that player. They shall again notify the **Referee** when the fourth personal foul or the fifth technical foul has been called on a player, so that the **Referee** may disqualify such player.

Duties of Scorers.

The record kept by the **Scorekeepers** shall constitute the official score of the game. In case of any disagreement concerning the scoring, the scorers shall at once refer the disputed point to the **Referee**, who shall decide the matter. If the **Scorers** fail to notify the **Referee** at once, the latter shall decide in favor of the smaller score.

Official Score.

Dispute Between Scorers.



PLATE VIII—"TIE BALL."

unless other knowledge permits a decision without reference to the **Scorers**. The **Scorers** shall be provided with a horn or whistle with which to signal the **Referee**. **RULE 6.**

*NOTE—The sounding of the **Scorers'** horn or whistle does not stop the game. It is suggested that the **Scorers** differentiate between personal fouls, P, and technical fouls, T. (See model score card on page 51.)*

**SEC. 12.** The **Timekeepers** shall note when the game starts, shall deduct time consumed by stoppages during the game on order of the **Referee**, and shall indicate with gong or whistle the expiration of the actual playing time in each half. Upon the sounding of the **Timekeepers'** signal, play shall cease instantly, except that if the ball is in the air on a try-for-goal when the **Timekeepers'** signal is sounded, play shall continue until the ball has entered or missed the basket. The **Timekeepers'** signal terminates actual playing time in each half. Duties of  
Timekeepers.

*NOTE—It is suggested that the **Timekeepers** use one stopwatch placed on a table before them or on a wall hook, so that both may see it.*

**SEC. 13.** The officials shall blow a whistle whenever necessary to make a decision and shall announce decisions of fouls, score, etc., so that players, **Scorers** and spectators may hear it. Whistle—  
When Blown.

*NOTE—It is desirable for all officials of a game to have different sounding whistles.*

**SEC. 14.** The **Linesmen** shall be appointed, one from each side, by the management of the home team, and shall be subject to the approval of the **Referee**. Linesmen.

**SEC. 15.** The **Linesmen** shall stand at the ends of the division lines. Their particular places shall be assigned them by the **Referee**. Position of  
Linesmen.

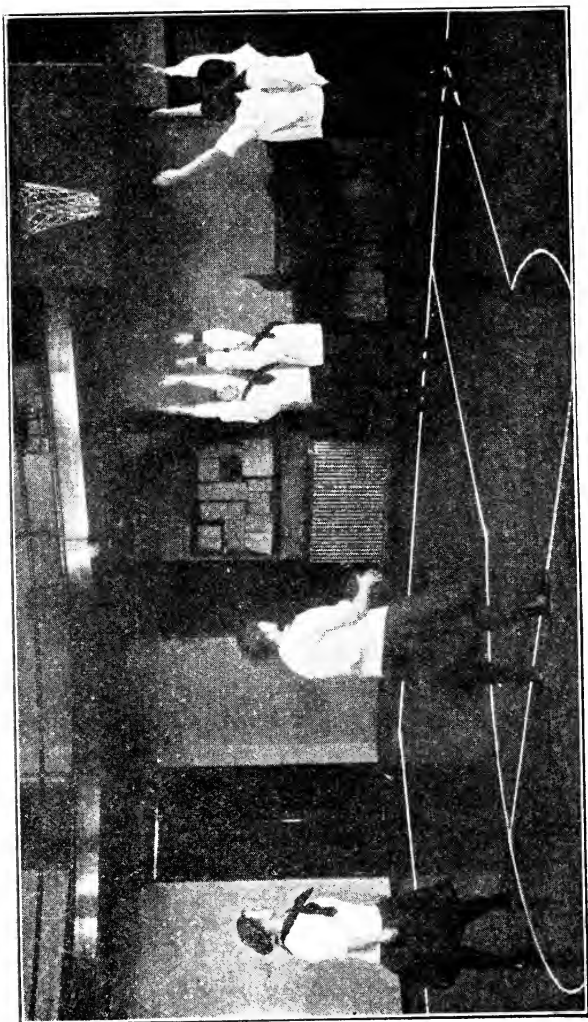


PLATE IX—"FREE THROWING." (THROWING FOR GOAL FROM 15-FOOT LINE ON A FOUL.)



SEC. 16. The **Linesmen** shall be judges of violations made by stepping beyond the field lines or touching the ground beyond the field lines with any part of the body or clothing. The **Linesmen** shall call such violations.

**RULE 6.**

Linesmen  
Judge and Call  
Line Violations.

**RULE 7.****PLAYING TERMS.**

SECTION 1. A *Goal* is made when the ball enters the basket from above, the impetus having been legally given by any player within bounds.

SEC. 2. *Out of Bounds*--A player is out of bounds when any part of the body touches the floor outside of the boundary line.

Player Out  
of Bounds.

The ball is out of bounds when any part of it touches the floor outside the boundary line, or any object outside the boundary line, or when it is touched by a player who is out of bounds. The ball is caused to go out of bounds by the last player touched by it before it crosses the line.

Ball Out  
of Bounds.  
  
Who Causes  
Ball to Go  
Out of Bounds.

SEC. 3. "*Time Out*" is declared whenever the game can be legally stopped without disadvantage to either side; i. e., at time of a center toss or a tie ball.

"Time Out."

SEC. 4. *Tie Ball* is declared when two opposing players of two opposing teams have both hands on the ball.

Tie Ball.

SEC. 5. A *Foul* is a violation of a rule for which a free throw is given.

Foul.

SEC. 6. The *Ball is Dead* and play shall cease until the ball again is put in play, in a manner indicated by the **Referee**:

Dead Ball.

- a. When the goal is made. (Center toss.)
- b. When the ball goes out of bounds.
- c. When tie ball is declared.
- d. When "time out" is declared.
- e. When a foul is called.



PLATE X—LINE VIOLATION: FOOT ON LINE.

- f. After each of the two free throws following a double foul. (Center toss after second.) **RULE 7.**
- g. At expiration of playing time.
- h. When the ball lodges in the supports of the basket. (Center toss.)
- i. After the first of two free throws following two fouls on the same team.
- j. After an illegal free throw. (Center toss.)

*NOTE—If on a try-for-goal the ball is in the air when the signal is sounded, as in Sec. d, e and f, the ball shall not be dead until it has entered or missed the basket. If, however, a foul is called on the team throwing for goal, the ball shall be dead at the time the foul is committed and the goal if made shall not count.*

**SEC. 7.** A *Dribble* is a play in which a player, after giving impetus to the ball by bouncing it, touches it again before it has been touched by another player. Dribble.

A *Juggle* is a play in which a player, after giving impetus to the ball by throwing or batting it into the air, touches it again before it has been touched by another player. Juggle.

The terms dribble and juggle are understood to refer to the motion of the ball while it is being thrown, batted or bounced.

*NOTE—Successive tries for goal shall not be considered dribbling or juggling; a player is permitted to shoot for the basket at the termination of a dribble or a juggle.*

**SEC. 8.** A player shall be considered as *Running with the Ball* if, while having the ball constantly in hand, the player advances in any direction. Running with the Ball.

*NOTE—A player who is standing still when receiving the ball may step with one foot in any direction in making a pass or in starting a dribble*



PLATE XI—LINE VIOLATION; TOUCHING ON THE LINE.

or juggle, but the remaining foot must be kept in position until the ball has left the hands. A player who is standing still when receiving the ball, may, in throwing for goal, step or stride with one foot in any direction, and then may jump from one or both feet; but the ball must leave the hands before one or both feet again touch the floor. Due allowance is to be made for catching the ball while running, provided the player throws it at once or stops as soon as possible. A player with the ball may turn around, provided one foot be kept in place without appreciably advancing the ball in any direction, and shall not be considered as running with the ball; neither shall a player pushed by one of the opposing side be considered as running with the ball.

**RULE 7.**

SEC. 9. *Blocking* is impeding the progress of an opponent who has not the ball. **Blocking.**

SEC. 10. A *Free Throw* for goal is the privilege given a team to throw for goal from a position directly behind the free throw line. **Free Throw.**

SEC. 11. A *Double Foul* is made by both teams having fouls called against them simultaneously. **Double Foul.**

SEC. 12. *Delaying the Game* is unnecessarily interfering with the progress of the game by a player. **Delaying the Game.**

SEC. 13. *Own Goal* is the basket for which a team is throwing. **Own Goal.**

SEC. 14. *Extra Period* is the extension of playing time necessary to break a tie score. **Extra Period.**

SEC. 15. *Personal Foul* is holding, blocking, tripping, pushing, charging, or committing any other form of unnecessary roughness. **Personal Foul.**

SEC. 16. *Technical Foul* is any foul not involving personal contact. **Technical Foul.**

SEC. 17. *Disqualifying Foul* is rough play for which a player is removed from the game. **Disqualifying Foul.**

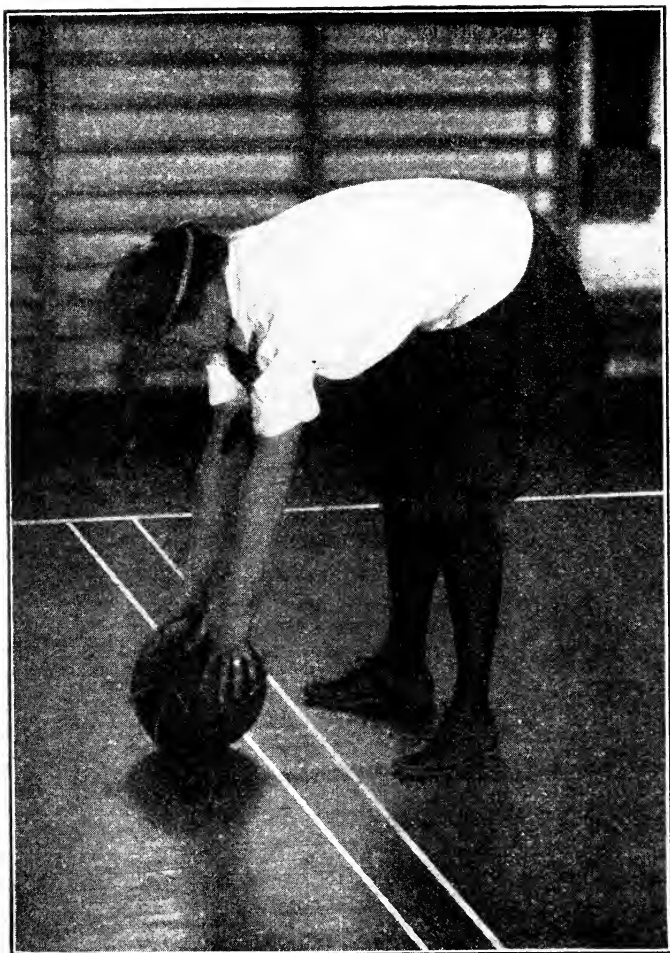


PLATE XII—CORRECT WAY OF PICKING UP BALL OVER LINE.

SEC. 18. *Guarding* with one or both hands over the ball or touching the ball legally held by an opponent shall be termed *Overguarding*.

**RULE 7.**

Overguarding Ball.

SEC. 19. Overguarding one's opponent consists of:

Overguarding Opponent.

- a. Guarding with one or both hands or arms or body not in the vertical plane. (Plates I and II.)
- b. Guarding round opponent's person. (Plates III and IV.)
- c. Guarding with any part of body touching opponent.

SEC. 20. *Holding Opponent* is interference with a player by impeding the progress in any manner except by standing firm and guarding rigidly. Guarding with any part of the body touching an opponent, or constantly tagging or brushing against an opponent who has not the ball, shall be termed holding.

Holding Opponent.

*NOTE*—Any interference with a player jumping for a tossed up ball shall be construed as holding.

SEC. 21. *Holding the Ball* is retaining possession more than three seconds in the court, without having thrown, dribbled or juggled the ball; or more than five seconds out of bounds.

Holding Ball.

SEC. 22. Touching the ground in bounds beyond the field division line, with any part of the body or clothing, shall constitute a *Line Violation*.

Line Violation.

**RULE 8.****PLAYING REGULATIONS.**

SECTION 1. The game shall be started by the **Referee**, who shall toss the ball up between two players of opposite teams, as provided in Sec. 8, 9 and 11 of this rule. The game shall consist of

Length of Game.



PLATE XIII—CORRECT WAY OF REACHING OVER LINE WITH BALL.



two halves of 15 minutes each, with an intermission of 10 minutes between the halves. This is the time of actual play. These times may be changed by mutual agreement of the captains and **Referee**. When a foul is committed simultaneously with, or just previous to the sounding of the **Time-keepers'** signal, time shall be allowed for the free throw.

**RULE 8.**  
Intermission.

*NOTE—In games between secondary schools or in playgrounds, etc., where the players are not mature, it is recommended that the game consist of eight-minute quarters, with two-minute intermissions between the first and second quarters and between the third and fourth quarters, and a ten-minute intermission between the second and third quarters. During the two-minute intermissions, the players shall not leave the floor, receive coaching or exchange goals. It is further recommended that for children fifteen years and under, the quarters be six minutes, with three minutes rest between quarters and ten minutes rest between halves.*

**SEC. 2.** Captains shall be notified three minutes before the termination of the intermission. If either team is not on the floor ready for play within one minute after the **Referee** calls play, either at the beginning of the second half or after "time out" has been taken for any reason, the ball shall be put in play in the same manner as if both teams were on the floor ready to play.

Captains Notified  
at End of  
Intermission.

**SEC. 3.** The visiting team shall have choice of baskets in the first half. In intramural games, the captains shall toss for choice of baskets; for the second half, the teams shall change baskets.

Choice of Baskets.

**SEC. 4. A.** When catching a ball, two hands are necessary to secure it; but if caught, it may be legally retained in one hand or thrown with one hand.

Two Hands  
Necessary to  
Secure Ball.

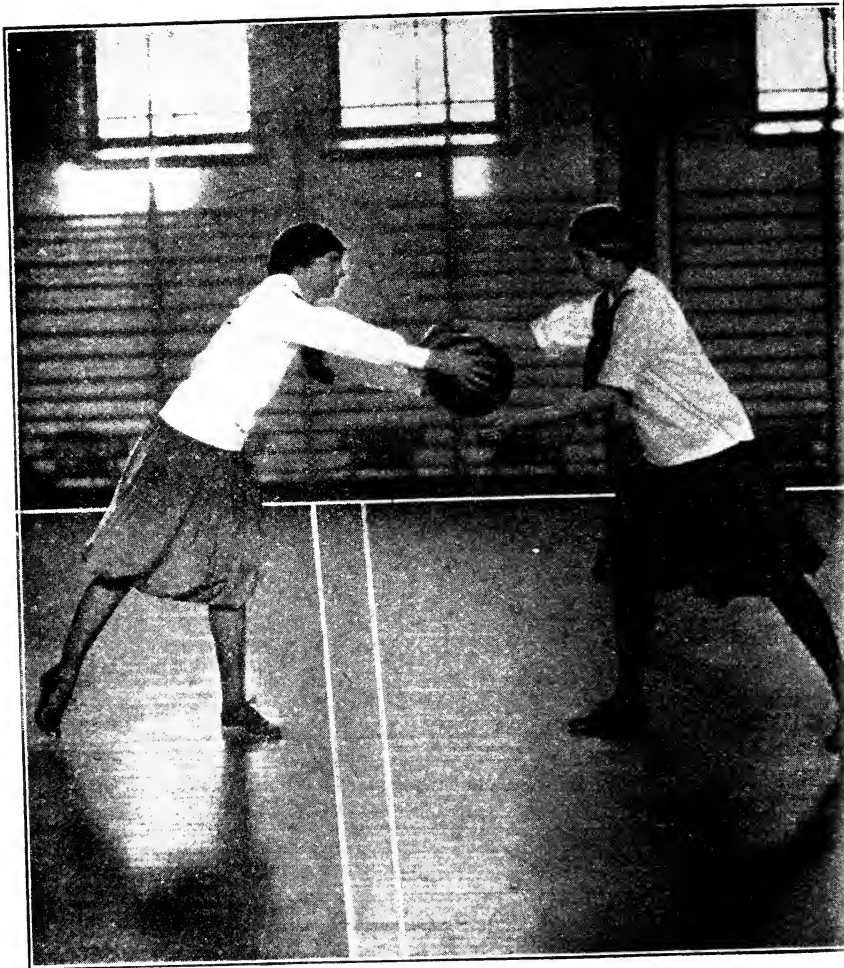


PLATE XIV—HANDING THE BALL.—FOUL.

**B.** A foul shall be called on a player who puts a hand on the ball after an opponent has secured it. **RULE 8.**

*NOTE—A foul shall not be called on a player, who, in attempting to catch a ball, puts one hand on the ball after the opponent has secured it, provided the player immediately takes the hand away.*

**C. Referee** decides which player first gained possession of the ball.

**D.** Not more than one player of each team shall touch the ball at the time it is being disputed with an opponent. Violation of this rule is a foul. (Plate VII.)

No More than  
One Player of Each  
Team on Ball,

*NOTE—It is not a foul for two players on the same team to put their hands on the ball when it is not disputed by an opponent, provided one player immediately takes her hands away.*

**SEC. 5.** When a ball has been caught it must be thrown within three seconds. If the player has fallen down, the three seconds are counted from the time when all the body weight is again on the feet. Foul for delay may be applied if the player does not get up as soon as possible.

Ball to be  
Thrown within  
Three Seconds.

**SEC. 6.** The ball may be thrown, dribbled, batted, bounced or juggled in any direction. The ball may be bounced or dribbled once only, with one or both hands, and the bottom of the ball must reach at least as high as the knee in bouncing. The ball may be juggled once only, and the bottom of the ball must go as high as the top of the head during the juggle. A dribble shall not be used combined with a juggle.

Ball Thrown, etc.,  
in Any Direction.

*NOTE 1—For successive tries at basket, see Rule 7, Sec. 7 Note.*

*NOTE 2—While making the one bounce or one juggle, a player may take any number of steps, provided the steps are made between the time the*

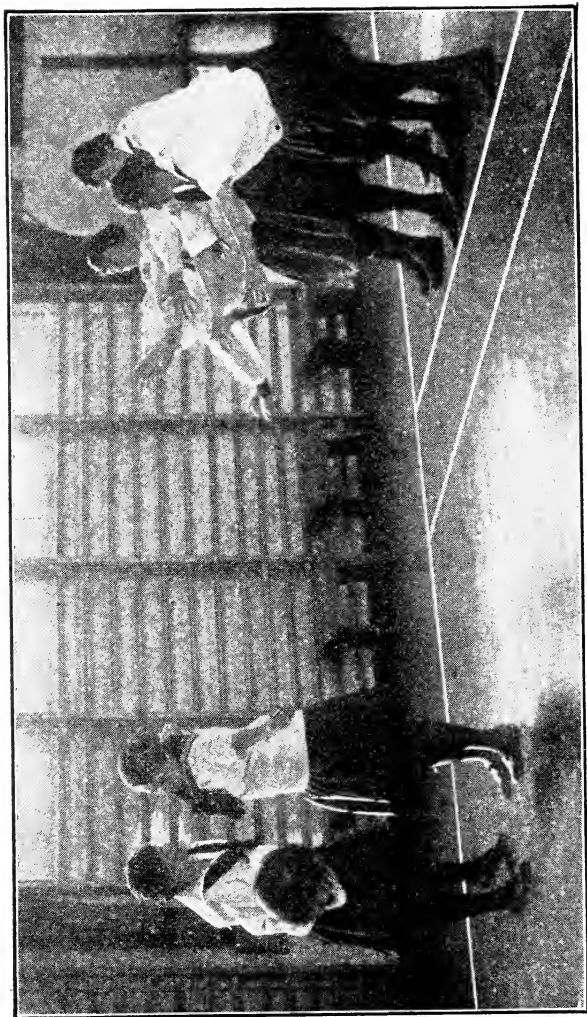


PLATE XV—"BUNCHING"; BAD PLAYING.

*ball leaves the hands and the moment it is again caught.* **RULE 8.**

**SEC. 7.** No player may hand or roll the ball to another player. The ball must be thrown or bounced to another player or thrown for the basket. (Plate XIV.) The player, when throwing the ball, must be standing on one or both feet or jumping in the air.

**SEC. 8. A.** The ball shall be put in play in the center circle: When Ball is  
Tossed Up  
in Center.

- a. At the beginning of each half.
- b. After a goal has been made.
- c. After an illegal free throw has been made.
- d. After the ball has lodged in the supports of the basket.
- e. After the last free throw following a double foul.

**B.** When the ball is put in play in the center, each center player shall stand with both feet within own half of the center circle, with one hand behind the back and in contact with it; the hand shall remain in this position until the ball has been tapped by one or both players. The other players may take any position upon the court they may desire, provided they do not interfere in any way with the **Referee** or center players. (Plate V.)

**SEC. 9.** When the **Referee** puts the ball in play in the center, it shall be tossed upward in a plane at right angles to the side lines between the center players, to a height greater than either of them can jump, so that it will drop between them. Both players must jump for the ball at center and elsewhere. The **Referee** shall blow a whistle when the ball reaches its highest point, after which it must be tapped by either one or both of the center players. If the ball touches the floor without being Referee Tosses  
Up Ball Between  
Centers.

**Centers Must  
Tap Ball First.**

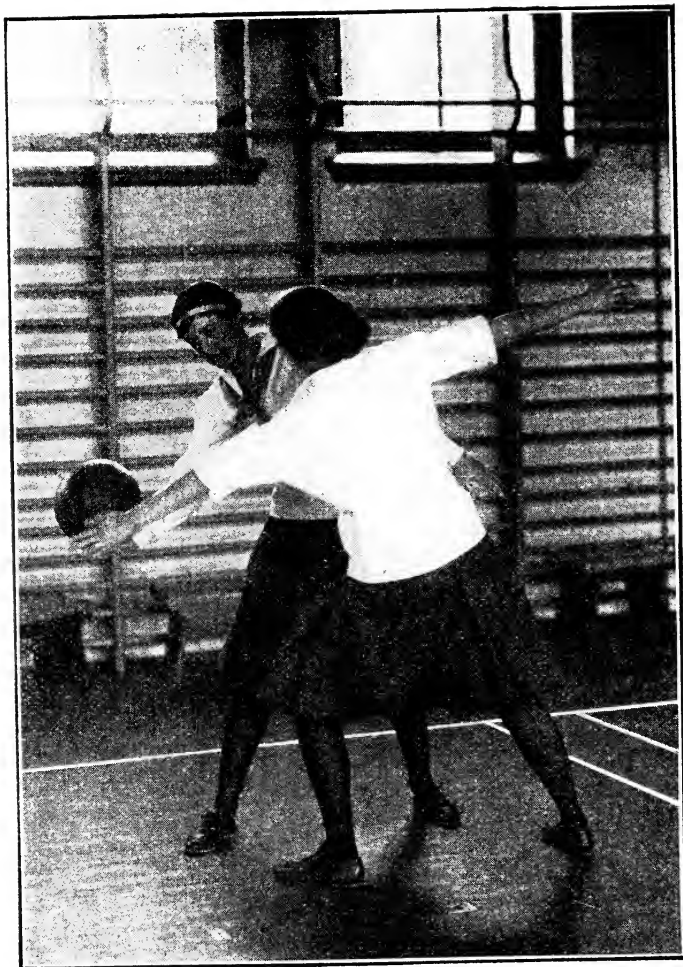


PLATE XVI—SIDE THROW.

tapped by one of the jumpers, the **Referee** shall put it in play again in the same place. If the ball is batted out of bounds by either of the players, the regular out of bounds rules shall apply (see Rule 10).

**RULE 8.**

SEC. 10. When the **Referee** tosses the ball up between two players elsewhere than in the center, the players shall assume the same position in relation to each other as when jumping in the center.

When Ball is  
Tossed Up  
Elsewhere than  
in Center.

SEC. 11. Whenever the ball is tossed up by the **Referee** between two players, whether in the center or elsewhere, the ball must be batted, not caught. Neither of the players jumping may catch the ball until it has touched the floor or has been played by some other player than those jumping. This does not prevent the player from batting the ball more than once.

SEC. 12. The game shall terminate by the sounding of the **Timekeepers'** signal indicating the end of the game.

**RULE 9.****SCORING.**

SECTION 1. A goal made from the field shall count 2 points; a goal made from a free throw shall count 1 point.

Value of Goals.

SEC. 2. The score of a forfeited game shall be 2—0.

Score of  
Forfeited Game.

SEC. 3. A game shall be decided by the scoring of the most points in the playing time.

SEC. 4. In case of a tie, the game shall continue without exchange of baskets until either side has made 2 additional points. The goals may be made either from the field of play or foul line—the team first scoring 2 points wins.

Requires Two  
Points to Win in  
Case of Tie.

*NOTE—In case of a tie and both teams make the second points simultaneously through both*

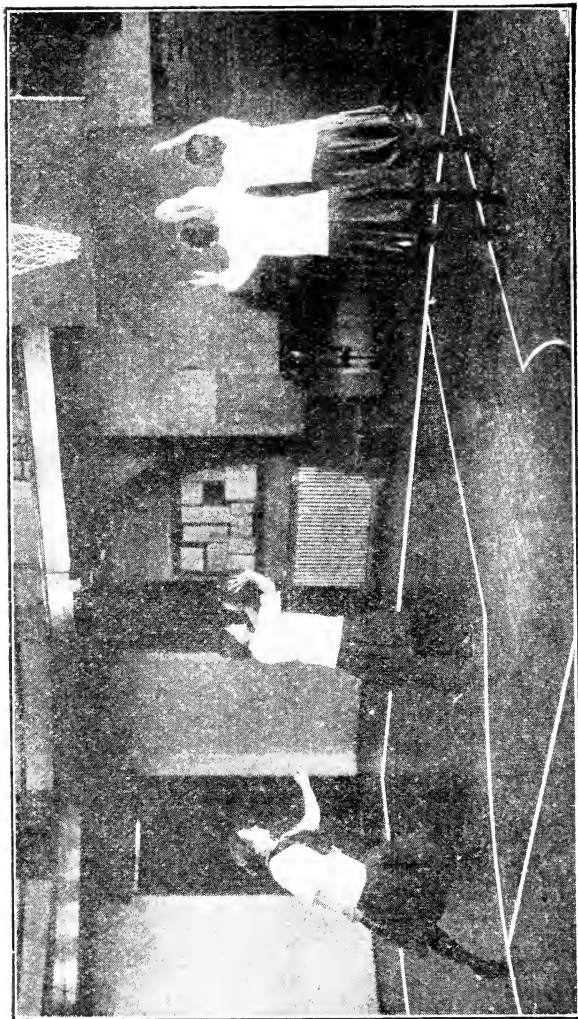


PLATE XVII—TWIRLING THROW FOR BASKET.



*teams scoring on double fouls, the game shall continue as provided for in Rule 13, Sec. 3a.* **RULE 9.**

**SEC. 5.** Any team refusing to play after receiving instruction to do so from the **Referee** shall forfeit the game.

## **RULE 10.**

### **OUT OF BOUNDS.**

**SECTION 1.** If at any time during the game the ball goes out of bounds it shall be so declared by the **Referee** and put in play again by an opponent of the player who caused it to go out of bounds, said opponent to stand out of bounds at right angles to the spot where the ball left the court. The ball shall then be thrown or bounced to another player within the court. Unnecessary delay in recovering ball from out of bounds is considered delaying the game. (Plate VI.)

How Ball is  
Put in Play when  
Out of Bounds.

*NOTE—When the space out of bounds is limited for any reason, no player of either team, except the player who has the ball outside, shall be nearer than three feet to the boundary line. It is wise to have a fine line drawn in the court three feet inside the boundary lines.*

**SEC. 2.** If the **Referee** is unable to determine which player touched the ball last before it went out of bounds, the ball shall be put in play at a spot about three feet within the court, at right angles to the point where the ball crossed the boundary line, the **Referee** selecting two opponents and tossing the ball up between them as for tie ball.

How Ball is  
Put in Play if  
Referee is in  
Doubt as to Who  
Caused it to Go  
Out of Bounds.

## **RULE 11.**

### **TIME OUT.**

**SECTION 1.** "*Time Out*" shall be taken only when ordered by the **Referee**. "*Time out*" shall be

"Time Out" on  
Order of  
Referee Only.

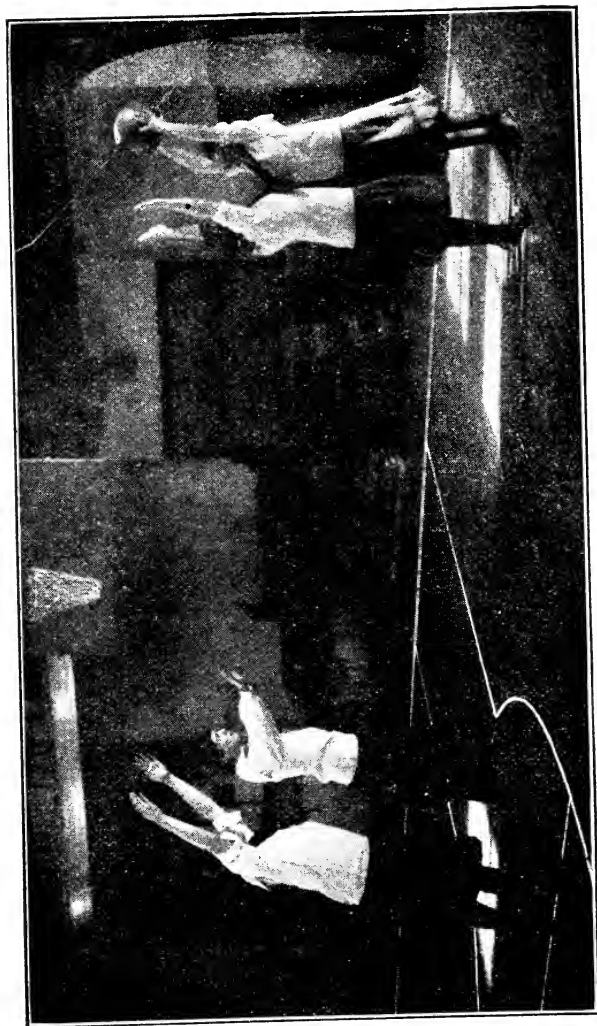


PLATE XVIII—"HIGH BALL."

ordered for not more than five minutes at the request of a captain or for injuries to players. **RULE 11.**

*NOTE—If the Referee orders "time out" at the request of a captain more than three times during a game for one team, that team shall be penalized for delaying the game and a technical foul shall be charged against the captain.*

**SEC. 2.** When the **Referee** declares "time out" or orders time to be taken out, the ball, on resumption of play, shall be tossed up between the two players of opposing teams nearest to it, at the spot where it was when play ceased. If, however, the ball is in the possession of a player when time is called, it shall be returned to that player when play is resumed. If the ball is out of bounds when time is called, it shall be put in play as for out of bounds (see Rule 10); if a foul is called, play shall be resumed with the free throw for goal.

After "Time Out"  
Ball is Tossed Up  
Unless it is in  
Possession of  
Player or  
Foul is Called.

**SEC. 3.** Time shall be taken out for a double foul.

## **RULE 12.**

### **TIE BALL.**

**SECTION 1.** When *Tie Ball* is called, the **Referee** shall take possession of the ball. The two players who have the ball shall assume positions similar to the centers at the start of the game, but in an imaginary circle at the spot where the ball was held. The ball shall then be put in play as at the center. (Plate VIII.)

*NOTE—If, however, the ball is held in tie between the center and forward or guard (over the field line), the ball shall be tossed up between the center and a center opponent indicated by the Referee.*

## RULE 13.

### FREE THROW.

Procedure when  
Foul is Called.

SECTION 1. When a foul has been called, the **Referee** shall immediately secure possession of the ball and place it upon the free throw line of the team entitled to the throw. The throw for goal shall be made within ten seconds after the ball has been placed upon the line. (Plate IX.)

Center Ball if  
Goal is Made.

SEC. 2. If the goal is made, the ball shall be put in play at the center.

SEC. 3. If the goal is missed, the ball continues in play except:

Double Foul.

a. That in case of a double foul, the ball is dead after the first throw and shall be put in play at the center after the second throw.

Two or More  
Fouls.

b. When two or more free throws are awarded a team, the ball is dead after each free throw except the last one. If the goal is missed after the last throw, the ball continues in play.

## RULE 14.

### VIOLATIONS AND PENALTIES.

#### A Player Shall Not—

SECTION 1. Throw for basket when ball is dead.

SEC. 2. While making a free throw, touch or cross the free throw line, until the ball has touched the basket or backboard.

SEC. 3. Consume more than ten seconds in making the free throw.

#### PENALTY—

(SECTIONS 1, 2, 3.)

Goal if made does not count.

SEC. 4. Cause the ball to go out of bounds.

**SEC. 5.** Carry the ball into the court from out of bounds. **RULE 14.**

**SEC. 6.** Touch the ball after putting it in play from out of bounds, until it has been touched by another player.

**SEC. 7.** Interfere illegally with player who is returning the ball into court from out of bounds.

**SEC. 8.** Hold the ball more than five seconds out of bounds before putting it in play.

**PENALTY—**

(SECTIONS 4, 5, 6, 7, 8.)

**Ball goes to an opponent out of bounds.**

**SEC. 9.** Touch ground beyond field line division or neutral space with any part of body or clothing. (This does not debar a player from leaning over the field line to pick up or receive the ball.) (Plates X, XI, XII, XIII) **Over the Line Violation.**

**PENALTY—**

(SECTION 9.)

- a. If the violation is made by the team which is in possession of the ball, the ball shall be given to the opponent nearest the spot where the ball was at the time the violation was called. This opponent shall have an unguarded throw to another player, but may not shoot for the basket until the ball has been touched by some other player.
- b. If the violation is made by the team not in possession of the ball, the player who has the ball retains it and is allowed an unguarded throw, but may not shoot for basket until it has been touched by some other player.
- c. If a double violation is made (two members of different teams over the line at once), there shall be a toss up between the player who has the ball when the double violation is called and the nearest opponent.

**SEC. 10.** Enter the free throw lane or touch free throw lines, or attempt to disconcert the player with the ball while a free throw for goal is being made,

- RULE 14.** until the ball has touched the basket or backboard. If players contend for positions along the free throw lanes, the **Referee** shall arrange the players so that the desirable positions are evenly divided. (Plate IX.)

**PENALTY—**

(SECTION 10.)

For violation by a player of the team throwing for goal, the goal if made shall not count, and if missed, the ball shall be put in play at the center. If violated by a player of the opposite team, the goal if made shall count, and if missed, another free throw shall be allowed.

- SEC. 11.** Throw for basket from out of bounds.

**PENALTY—**

(SECTION 11.)

Goal if made does not count; if not made, ball shall be considered in play.

**RULE 15.**

**FOULS AND PENALTIES.**

**A. Technical Foul.**

**A Player Shall Not—**

- List of Technical Fouls.** **SECTION 1.** Run with the ball, snatch or bat the ball from the hands of an opposing player, kick it, strike it with the fists, roll it, bounce, dribble or juggle it more than once, or hand it to another player.

**SEC. 2.** Delay the game by touching the ball after it has been awarded to an opponent, or by leaving the court, by removing hand from behind back on the jump ball before the ball is tapped, or otherwise violating the jumping rules when the **Referee** tosses the ball up between two players, by not getting up quickly after falling down, or in any other manner unnecessarily delay the game.

SEC. 3. Hold the ball in play constantly in one **RULE 15.**  
or both hands more than three seconds.

*NOTE—If the player has fallen down, the three seconds are counted from the time when all the body weight is again on the feet.*

SEC. 4. Pass the ball to another player while making a free throw for goal (An honest attempt to cage the ball must be made.)

SEC. 5. Make a second bounce, dribble or juggle without first having passed the ball to another player.

SEC. 6. Go on the court as a substitute before reporting to **Scorer** and being officially recognized by the **Referee**.

**PENALTY—**

(SECTIONS 1, 2, 3, 4, 5, 6.)

Free trial for goal given to opponents.

SEC. 7. Interfere with the ball or basket while the ball is on the edge of or within the basket.

**PENALTY—**

(SECTION 7.)

One point awarded to team trying for goal.

SEC. 8. There shall be no coaching from the side lines during the progress of the game by any one officially connected with either team, nor shall any such person go on the court during the progress of the game except with the permission of the **Referee** or **Umpire**.

**PENALTY—**

(SECTION 8.)

Free throw for goal. A technical foul charged against the captain of the offending team.

*A player who has committed five technical fouls is automatically disqualified and removed from the game.*

## RULE 15.

## B. Personal Foul.

## A Player Shall Not--

**List of** SEC. 9. Hold, block, trip, charge or push an  
**Personal** opponent.

**Fouls** SEC. 10. Use unnecessary roughness.

## PENALTY—

(SECTIONS 9, 10.)

Free trial for goal. The offender shall be charged also with a personal foul. The Referee may disqualify for a single violation of Sec. 9 or 10.

SEC. 11. Push, hold or overguard an opponent who is in the act of throwing for the basket.

## PENALTY—

(SECTION 11.)

Two free trials. The offender shall be charged with one personal foul and may be disqualified.

*NOTE—If the goal is made it counts and the two free throws are also allowed.*

*A player who has committed four personal fouls is automatically disqualified and removed from the game.*

In all cases not covered by the rules, officials are to use their own judgment in accordance with the general spirit of the rules.



# Method of Scoring Basket Ball

Any coach who is interested in good basket ball should keep all scores in a uniform way, and preferably in a score book. Only in this way is it possible to keep track of the playing of your team—their propensity to make fouls, and the fouls they most commonly make. It also shows the good playing of your team members; if a forward makes many baskets and few fouls, she is a good player, and if a guard makes few fouls and she has prevented the opponents from making many baskets, she is a good player. A score book also shows the history of the playing of the team. One can look back months or years and see whether such playing has improved and how it has improved. Below will be found a sample score page. It is planned after Dr. Gulick's excellent score book, but is changed to meet the women's rules and is perhaps a little easier to score. Let us take the scoring of the first half of the game on the sample score card. Ada Brown has made a goal from the field and a goal from the foul line. Mary Robinson made a goal from the foul line and missed a goal from the foul line. Susan Smith made two fouls—both technical. Helen Peters made one personal and one technical foul, etc. The score at the end of the first half for 1918 was 4 points. It is also interesting to note how one is able to follow up the fouls of one team by goals or attempts at goals from the foul line.—S. B. A.

Class of 1918					Class of 1919								
Position	Names of Players		First Half		Second Half		Position	Names of Players		First Half		Second Half	
Forwards	Ada Brown	(2)	(1)	(0)	(1)	(1)	Forwards	Marion May	(2)	(1)	(0)	(1)	T
	Mary Robinson	(1)	(0)	(2)	(2)	(2)		Lucy Evans	(1)	(1)			(2)
Centers	Susan Smith	T	T			T	Centers	Jane True	T				
	Helen Peters	P	T					Lily Gray					
Guards	Jay Calhoun	P				T	Guards	Bessie Bee					
	Eva Strong	T						Donie Day					T
			4		5				5				3

WHERE PLAYED *N. H. S.* DATE *Oct. 1, 1918* REFEREE *Miss Smith* UMPIRE *Miss Smith*  
 TIMEKEEPERS *Misses A & B* SCORERS *Misses X & Y* LINESMEN *Junior & Senior* WON BY *Class of 1918* SCORE *9-8*

Scoring—(2) = goal from field; (1) = goal from a foul; (0) = missed free throw. Fouls—P = Personal; T = Technical.  
 LIST OF FOULS: Technical—a. Run with ball, knock from opponent's hands, kick it, strike it with fist, roll it, hand it to another player; b. Delay game; c. Hold ball; d. Pass ball to another while making a free throw; e. Make second juggle or dribble; f. Go on court as substitute illegally; g. Interfere with ball or basket while ball is on edge of basket; h. Coaching from side lines, or outsiders going on court. Personal—a. Hold, block, trip, charge, push; b. Use unnecessary roughness; c. Push, hold, or overguard opponent throwing for basket.

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# Questions and Answers

COMPILED BY G. T. HEPERON.

The following questions and answers are selected from the numerous letters received during season 1917-18. The answers are based on the revised rules as printed in this GUIDE, so are in force for season 1918-19. Inquiries should be addressed to GEORGE T. HEPBRON, 45 Rose Street, New York, N. Y.

Always enclose self-addressed stamped envelope for reply. Ask only one question in each paragraph of your letter and state number of rule and section involved. If you desire reply made on sheet sent, this can be done only when a duplicate accompanies the original. If your questions are framed and numbered so that a simple "yes" or "no" will suffice for answer, it will facilitate a quick reply.

*Question No. 1.* What is the proper method to follow in substituting players? *Answer*—Report to Scorer first, then be recognized by Referee. See Rule 5, Sec. 4.

*Question No. 2.* Who decides when ball is dead? *Answer*—Referee. See Rule 6, Sec. 3.

*Question No. 3.* Does Referee's decision take precedence over Umpire's in calling a foul? *Answer*—No. See Rule 6, Sec. 6.

*Question No. 4.* The Referee and Umpire make approximate simultaneous decisions on the same play and the decisions involve different penalties against the same player; which takes precedence? *Answer*—The one drawing attention to the graver of the two penalties. See Rule 6, Sec. 6.

*Question No. 5.* Two players have possession of the ball; Referee blows whistle indicating "tie ball"; almost simultaneously the Umpire blows whistle calling attention to a foul committed by one or both of these players; which official's decision takes precedence? *Answer*—The one calling attention to foul or fouls. See Rule 6, Sec. 6.

*Question No. 6.* Suppose the Timekeeper is not provided with a suitable horn or bell and is therefore unable to make Referee hear her call "time" orally and a goal is made, does it count? *Answer*—Yes; the game is officially in progress until proper signal is sounded either by the Timekeeper or Referee. See Rule 6, Sec. 11 and 12.

*Question No. 7.* Two players are jumping for ball being tossed up by Referee; one player bats ball into opponents' basket; does the goal count and for whom? *Answer*—Goal counts for team into whose basket it was batted. See Rule 7, Sec. 1.

*Question No. 8.* If the ball enters the basket from below, goes through and drops back into basket, is a goal scored? *Answer*—No. See Rule 7, Sec. 1.

*Question No. 9.* Ball glances off face of backboard and across boundary line, but before it touches the floor or any obstruction out of bounds, it is caught by a player who has both feet "in bounds." Is the ball in bounds or out of bounds? *Answer*—In bounds. See Rule 7, Sec. 2.

*Question No. 10.* Is it a foul to hug the ball? *Answer*—Hugging the ball is not a foul.

*Question No. 11.* Would standing still and bouncing the ball on the floor constitute a dribble? *Answer*—Yes. See Rule 7, Sec. 7.

*Question No. 12.* May a player dribble the ball without it touching the floor? *Answer*—A dribble to be legal must come in contact with the floor. See Rule 7, Sec. 7.

*Question No. 13.* May a player while dribbling alternate hands without violating the rules? *Answer*—Yes. See Rule 7, Sec. 7.

*Question No. 14.* Is a player permitted to shoot for goal at the termination of a legal dribble? If she succeeded in making a goal, would it count? *Answer*—Yes. See Rule 7, Sec. 7 Note.

*Question No. 15.* Are successive tries for goal considered juggles? *Answer*—No. See Rule 7, Sec. 7 Note.

*Question No. 16.* Some guards have the habit of putting their hands on body of opponent; is this a violation of the rules? *Answer*—It certainly is; a personal foul should be called for "holding." See Rule 7, Sec. 19c and 20.

*Question No. 17.* Shall Referee, before tossing ball up, caution players regarding proper positions to assume? *Answer*—No; players are supposed to be conversant with the rules, and if they are not that is their fault, and not the Referee's. See Rule 8, Sec. 8, 9, 10 and 11.

*Question No. 18.* When two players are jumping for ball being tossed up by the Referee, in the center or elsewhere, what positions are the other players obliged to assume? *Answer*—See Rule 8, Sec. 8b.

*Question No. 19.* When the ball is tossed up by the Referee in center or elsewhere, are both players obliged to jump and make an effort to tap the ball? *Answer*—Yes. If neither player taps the ball, the Referee shall toss it up again at the same place and order both players to jump and make an honest attempt to tap it. Failure to comply with the Referee's order is a foul on one or both for delaying the game. See Rule 8, Sec. 9, and Rule 7, Sec. 12.

*Question No. 20.* Must the players face toward their "own" baskets when jumping in center or elsewhere? *Answer*—No particular facing is required, provided each player is in own half of circle. See Rule 8, Sec. 8b and 10.

*Question No. 21.* What must be the position of the feet when jumping in center and elsewhere? *Answer*—See Rule 8, Sec. 8b, 9, 10 and 11.

*Question No. 22.* May players catch ball when jumping in center and elsewhere? *Answer*—No; it must be tapped. See Rule 8, Sec. 11.

*Question No. 23.* When ball is tapped after jumping in center or elsewhere, can either one or both jumpers touch it again before it is touched by a third player? *Answer*—Yes; retapped, but not caught. See Rule 8, Sec. 11.

*Question No. 24.* Ball is being tossed up by Referee between two players; after it has been tapped and before any other player touches it, it goes to "out of bounds"; Referee is undecided which player touched it last; what is the decision? *Answer*—See Rule 8, Sec. 9.

*Question No. 25.* When players are jumping for ball tossed up by Referee elsewhere than in the center, do the same conditions prevail as when jumping in center? *Answer*—Yes. See Rule 8, Sec. 9, 10 and 11.

*Question No. 26.* May a player dribble the ball while part of her person is touching the floor out of bounds, without violating the rules? *Answer*—No. See Rule 10, Sec. 1, and Rule 14, Sec. 5 and 6.

*Question No. 27.* Suppose one player is forced "out of bounds" by an opponent, what is the decision? *Answer*—Foul on opponent who did the forcing.

*Question No. 28.* Two players have possession of ball, third player runs in, personal contact results, but third player does not touch ball; what is the decision? *Answer*—Personal foul against third player. See Rule 15, Sec. 9 and 10.

*Question No. 29.* What is the penalty for holding arm or shoulder of an opponent who is in the act of trying for goal? *Answer*—Two free trials for goal from free throw line. See Rule 15, Sec. 11.

*Question No. 30.* Is it legal to guard a player who is trying for goal from the field as closely as at other times? *Answer*—Yes; personal contact is illegal at all times, whether committed on player trying for goal or otherwise.

*Question No. 31.* A player is dribbling and an opponent runs in at right angles to the direction the dribbler is going and bats the ball, and while so doing personal contact results; has a foul been committed, and on which one? *Answer*—A foul for personal contact has been committed; it may have been the fault of either; the official who decides must see the play to make decision; the burden of proof, however, is on the dribbler.

*Question No. 32.* Do both players have to jump when the ball is being tossed up by the Referee at center or elsewhere? *Answer*—Yes. See Rule 8, Sec. 9.

*Question No. 33.* Is it an illegal play to catch the ball against the body? *Answer*—No.

*Question No. 34.* When does the dribble start? *Answer*—The dribble starts when a player having gained possession of the ball in any way, except by recovery of her own dribble, throws, bats or bounces the ball and touches it again before it is touched by another player; therefore the dribble does not actually begin until the ball has left the player's possession and been touched again.

*Question No. 35.* May the personal foul rules (Rule 15, Sec. 9 to 11) be set aside by mutual agreement? *Answer*—Decidedly not; the personal foul rule is intended to prevent the most flagrant fouls in the game. Strict rulings on these points will do much to keep the game clean. It is the urgent desire of the Committee that all rules be strictly enforced in their entirety, especially those relating to personal fouls.

*Question No. 36.* The Scorers fail to notify the Referee that a player has had four personal fouls or five technical fouls called against her and she continues to play; what should be done? *Answer*—The points made during the period that this player was ineligible shall be counted as well as the time played, but immediate substitution for offending player shall be made as soon as the fact that she has four personal fouls or five technical fouls comes to the attention of the official. If Scorers are so inefficient or negligent that they fail to notify the Referee, they should be at once removed from that game and not permitted to serve in any capacity for the remainder of the season. No excuses should be accepted.

*Question No. 37.* A player fumbles and juggles the ball and finally gains possession of it; has she completed a dribble? *Answer*—Yes.

*Question No. 38.* When players are jumping for ball being tossed up by the Referee, whether in center or elsewhere, may either one or both players catch the ball after it has been tapped, before it is touched by a third player? *Answer*—Yes, provided it has touched the floor. See Rule 8, Sec. 11.

*Question No. 39.* May a player step onto the second line when the field lines are double? *Answer*—Yes, provided she does not step *beyond*. See Rule 7, Sec. 22, and Rule 14, Sec. 9.

*Question No. 40.* A line violation is made, the ball progresses some distance before the whistle is blown; is the ball returned to the spot where its violation was made? *Answer*—No. It is given to the member of the opposing team nearest the spot where the ball was at the time the whistle was blown. If the linesmen keep their whistles constantly between their lips, this will not occur. See Rule 14, Sec. 9A.

# Report of Questionnaire Committee

BY MISS LESLIE SAWTELLE, Chairman,

Boston School of Physical Education, 105 South Huntington Avenue,  
Boston, Mass.

The Committee on Basket Ball Rules for Women is making a strong effort to adapt the rules to fit the needs of the different organizations in the country, so that one set of rules would be adopted by all. During past years, in the same section, some have played women's rules, some men's, some still other sets of rules. This has been very confusing to those playing games with organizations other than their own.

To obtain opinions as representative as possible of different sections of the country on the rules used, suggestions as to changes, whether the present rules were satisfactory, etc., a questionnaire was sent out and replies received served as a basis for the Committee in its revision of the rules.

From the replies to the questionnaire many useful suggestions were obtained, which were considered as well as some rather interesting statistics.

From the 69 answers, there were represented the following: 16 colleges, 9 normal schools, 9 Y.W.C.A.'s, clubs, etc.; 1 playground, 13 high schools, 7 private schools, 14 students from the New Haven Normal School.

Of these 69 answers received, 54 used the Spalding rules for women only, 5 used the Spalding rules for men only, 8 used both women's and men's rules (7 of these were students in the same normal school), 2 used New England rules.

There were 34 other schools and colleges reported through the questionnaire. Of these, 27 used Spalding rules for women, 3 used Spalding rules for men, 1 used both men's and women's rules, 1 used New England rules, 2 used their own rules.

Therefore, out of the total of 103 schools, 81 used Spalding rules for women, 9 used both men's and women's rules, 3 used the New England rules, 8 used men's rules, 2 used their own rules.

The following were also asked: 1. How many schools played games with teams composed only of their own members? 2. How many played outside organizations? The answers were as follows:

1. Out of 69 answers, 51 played them, 18 did not.
2. Out of 69 answers, 40 played them, 29 did not.

Classifying these results according to the class of school—

I. Colleges, total 16. Rules—14 used Spalding rules for women, 1 used New England (another also used these for outdoor games), 1 used men's rules. Intramural games—14 colleges played them, 2 did not. Games with outside organizations—8 played them, 8 did not.

II. Normal Schools, total 9. Rules—8 used Spalding rules for women (1 used men's for outside games), 1 used New England rules. Intramural games—7 played them, 2 did not. Games with other organizations—5 played them, 4 did not.

III. Y.W.C.A.'s, Athletic Clubs, Church Clubs, etc., total 9. Rules—8 used rules for women, 1 used men's rules. Intramural games—7 played them, 2 did not. Games with other organizations—3 played them, 6 did not.

IV. High Schools and Public Schools, total 13. Rules—11 used the rules for women, 1 used the rules for men, 1 used the rules for men and women. Intramural games—9 played them, 2 did not; 2 made no answer. Games with other organizations—3 played them, 8 did not; 2 made no answer.

V. Private Schools, total 7. Rules—6 used the rules for women, 1 used the rules for men. Intramural games—4 played them, 3 did not. Games with other organizations—6 played them, 1 did not.

VI. Students in New Haven Normal School of Gymnastics, total 14. Rules—6 used women's rules, 7 used both men's and women's rules, 1 used men's rules. Intramural games—9 played them, 5 did not. Games with other organizations—13 played them, 1 did not. Playgrounds, total 1. Rules—Women's. Played both intramural and outside games.



## Replies Received to Questionnaire

By MISS ELIZABETH RICHARDS, SMITH COLLEGE, NORTHAMPTON, MASS.

The following questions were asked in the questionnaire sent out this year:

1. Do your girls play basket ball?
2. If so, what rules do you use?
3. Do you play with teams composed of your members only?
4. Do you play with other organizations than your own?
5. Does competition with other organizations influence you in the selection or modification of rules?
6. If you use the A.P.E.A. (Spalding) Official Basket Ball Guide for Women, have you found it satisfactory?
7. Have you met with any difficulties in using it? If so, what?
8. Do you modify the rules in any respect? If so, why?
9. Do you approve of the changes made in the last edition? Why?
10. Have you any suggestions to make for the next edition?
11. What institutions in your vicinity play basket ball, and what rules do they use?

Replies to the questionnaire were received from 58 institutions.

1. In each case basket ball was played by the girls in the organization.
2. 43 used the A.P.E.A. (Spalding) rules for women. 2 used the Spalding men's rules. 9 used both women's and men's rules, using sometimes one, sometimes the other. 2 used the rules of the Association of Basket Ball Coaches of New England.
3. 39 of the organizations played intramural games; 17 did not.
4. 33 of the organizations played with other organizations; 23 did not.
5. Competition with other organizations influenced 22 of the organizations replying concerning the choice of rules used. 29 were not influenced.
6. 42 organizations stated that the A.P.E.A. Official Guide was satisfactory. 4 thought it was not satisfactory and 6 stated that it was "fairly" or "almost" satisfactory.
7. 34 replies state that the organizations have found no difficulties with the A.P.E.A. Guide. The difficulties which were found by the other organizations are as follows:
  - a. Narrow division lines vs. 12-inch line.
  - b. 2 steps in the bounce (3 organizations).
  - c. Disqualification is for technical fouls and should be for personal and not technical fouls.
  - d. Line up for free throw (rather take it back to center after the play).
  - e. Too small space for 3 division lines. (This was a difficulty mentioned by 10 people, 9 of whom are at the present time seniors at the New Haven Normal School of Gymnastics.)
  - f. Too stringent overguarding rules (6 objectors).
  - g. Rule 12, Sec. 35, difficult to judge—whether girl is actually shooting or not.
  - h. Should not 2 line fouls by same side at same time have a penalty more severe than for one from that side?
  - i. Line foul rule not clear.
  - j. 5 line fouls should disqualify.
  - k. Line foul penalty slows game.
  - l. Line foul penalty not severe enough.
  - m. 3 of the organizations objected to the time of the halves (felt quarters would be better).
  - n. 1. Inconsistency.  
2. Diagram does not agree with text.
  - o. Too many rules, some of which are really only matters of coaching; e. g., waving hands before opponent's face, boxing up, etc.
  - p. Game too strenuous and injurious to girls.

8. 38 organizations played the game with no modifications of the rules. Other organizations used the following modifications:

- |   |  |
|---|--|
| <div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; margin-right: 5px;">MORE SEVERE.</div> <div style="font-size: 3em; margin-right: 5px;">{</div> </div>  | <ol style="list-style-type: none"> <li>a. 5 line fouls disqualify.</li> <li>4 line fouls disqualify.</li> <li>b. Line foul gives free throw.</li> <li>c. Foul for falling down.</li> <li>d. 2 players from same side at once give opponent an unguarded throw, at spot where error occurred.</li> </ol>  |
| <div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; margin-right: 5px;">MORE LENIENT.</div> <div style="font-size: 3em; margin-right: 5px;">{</div> </div> | <ol style="list-style-type: none"> <li>e. Disqualify for personal, not technical fouls.</li> <li>f. Allow more than two steps during a bounce.</li> <li>g. No time limit for holding ball.</li> <li>h. Lighter guarding rules (used by 4 organizations).</li> <li>i. Ball goes to center after try for free throw.</li> <li>j. One line game for larger floor (5 replies).</li> <li>k. 12-inch field lines (5 replies).</li> <li>l. Floor divided into 4 parts; each player may play within 2 sections.</li> <li>m. Time:               <ol style="list-style-type: none"> <li>1. 8-minute halves.</li> <li>2. 7½-minute quarters (4 replies).</li> <li>3. 10-12 minute halves.</li> </ol> </li> </ol> |

9. 46 replies stated that the changes made last year were approved. Some of the answers qualified this approval. Remarks for and against these changes were as follows:

#### A. FAVOR OF CHANGES.

1. Like the unguarded throw instead of the "free throw" for line foul (6 replies).
2. Like the more stringent guarding rules (4 replies).
3. Disqualification for 5 fouls—good.
4. Approve the juggle.
5. Approve of arrangement for 2-division field (10 replies).
6. Changes made lead to
  - a. More careful playing (4 replies).
  - b. Cleaner game (4 replies).
  - c. Faster game (3 replies).

#### B. AGAINST SOME OF THE CHANGES.

1. Rule 12, Sec. 35. 2 free throws for overguarding at basket delays game and is difficult to judge (3 replies).
2. Roving center shooting for basket gives too much importance to one player.
3. No reason for juggle.
4. No reason for Rule 12, Sec. 4—New ruling, "Centers must jump for ball."
5. Free throw instead of unguarded throw for line foul would be better.

10. Several of the replies offered no suggestions at all. The suggestions which were offered from the others are as follows:

#### A. THOSE MAKING FOR MORE STRINGENT RULINGS.

1. 2 players of same side on ball gives unguarded throw from the spot where the error occurred.
2. Line fouls should disqualify.
3. Bounce ball so that bottom of ball is as high as knee.
4. Juggle ball so that bottom of ball is over height of player's head.
5. Roving center should not shoot for basket.
6. Ball should be always caught—not batted. (This does not apply to jump at center or elsewhere.)
7. Have player who is fouled shoot for free throw, thus eliminating star foul-shooter

**B. THOSE MAKING FOR MORE LENIENT RULINGS.**

1. Allow one division line up to 2,500 feet (5 replies)
2. Allow one division line up to 3,000 feet (7 replies).
3. Eliminate all field lines.
4. Allow guarding over and around, without contact with player or ball (10 replies).
5. Allow "freer" guarding (2 replies).
6. Allow handing, rolling or bouncing to another player (6 replies).
7. Do not limit number of steps for bounce or juggle.
8. Allow 2 bounces.
9. Allow boxing up.
10. Eliminate time limit for holding ball.
11. Eliminate 3 on a ball.
12. Extend 15-foot free throw line and allow centers to run between them; have a middle line up to which forwards and guards may play.

# The Duties of Basket Ball Officials

BY L. RAYMOND BURNETT, M.D.,

Sargent Normal School for Physical Education.

Posse Normal School of Gymnastics.

Basket ball is the most universal indoor game and has increased in popularity very rapidly since the general adoption of uniform rules. In every locality where women's basket ball has been allowed to languish, it will be found that poor officiating has been the underlying cause. Ignorance of the rules or lack of backbone to strictly enforce them has caused much of the unfavorable opinion among those school authorities who do not encourage the game. They have allowed match games without proper management and have not inquired into the reasons for unsportsmanlike contests.

Women should usually manage all games played by girls, and there is no reason why their work should not be as efficient as that of the most experienced men. It is a fact, however, that the game has become popular in many cities without a corresponding growth in the number of competent women officials. Many successful physical directors are not good officials simply because they do not make a thorough study of the rules, while others are satisfied with their work when they merely toss the ball and then remain standing near the center until a goal is made.

The various normal schools for physical education are rapidly developing competent officials by giving careful instruction in the technique; but, even in such schools, a large proportion of the candidates are not physically or mentally equipped to become expert referees.

The referee of a basket ball game needs a quicker reaction time and greater physical endurance than in any other contest, unless it be in cross ball, which is an outdoor game played with two basket balls. She must follow the ball closely and recognize fouls instantly, having played the game herself often enough to analyze the players' thoughts.

## COSTUME.

No one should attempt to referee while dressed in the ordinary street costume, as skirts and leather-soled shoes prevent following the ball about the court. A referee in high-heeled shoes and wearing a picture hat has been seen at an important game, and when the ball had to be tossed, she delayed the game while hobbling to position. Regular gymnasium costume, differing in color from that of the players and allowing perfect freedom, is the most practical dress. Rubber-soled shoes are a necessity for a proper covering of the court, since a good official in a fast game must run and walk constantly for thirty minutes. An official wearing a pedometer during a match game at the Harvard Summer School traveled two and three-quarter miles.

## PHYSICAL CONDITION.

Such officiating requires a physical condition equal to that of the players, and there is no better way to attain this training than to play often in the practice games of some team. Referee other practice games, keeping always near the ball, as this keeps the game fast and clean while the players go at top speed. When the players and onlookers realize that you intend to be near every play from the early minutes of the game, you will have gained their confidence and co-operation. Your quick, impartial decisions, made almost before they have formulated their own opinions of plays, will soon establish your reputation.

## KNOWLEDGE OF THE RULES.

For many years, since the invention of the game in 1892, we have had several sets of rules for basket ball; and at one time it was necessary to

study seven printed guides, with variations, in order to instruct coaches in a summer school, who needed to know the local differences.

This Guide contains the revised official rules published with the authority of the American Physical Education Association, so it is now only necessary to know how the men's game differs from these rules. Such radical differences are present that different names for the games would cause less confusion. One should never take it for granted that a good knowledge of the men's rules will assure success with the women's rules after five minutes' study.

Commit these rules to memory so that the exact wording will be "at your tongue's end" when a point for decision arises. Such a knowledge will give you prestige as one who knows her business. Always have the rules available to verify statements, and know how to use the index so that little delay will occur. Try to attend all meetings of coaches in your vicinity where rule interpretations are discussed. Organize coaches in associations if you live where none exist. All doubtful points may be cleared up by sending a self-addressed envelope enclosed with the question to the Rules Committee.

### PRELIMINARIES.

Since the referee in match games is usually secured by the manager, you may not see the players until a few minutes before play commences. Get acquainted with the captains and call both teams into a corner or a small room for a short talk; tell them in a quiet way that you expect to strictly enforce the rules without regard to sides. Explain any changes in ground rules and ask for questions regarding interpretation of the guarding fouls, or have all of the pictures taken from the Guide and mounted upon a card so that they may be readily shown and discussed. Tell them that your whistle stops the game and that whoever has the ball should pass it to you at once when in doubt, so that you may announce the decision without loss of playing time. This five-minute talk will start you as a friend of the individual players on both teams.

The scorers and timekeepers are your assistants and should be seated near the middle of the side lines, not at one end or separate. You often wish to speak to them while passing down the court during play. In answer to their questions regarding the player who fouled and the score. Explain to the scorers that you will raise an arm above your head and indicate the score by extended fingers while announcing the score distinctly to the spectators. You will also look toward them and indicate a personal foul by fully extending an arm upward.

Allow only one score book to be used during the game, so that both scorers may watch one set of figures. A duplicate copy can be easily made for the visiting team or reporters after the game. Much confusion occurs when the scorers attempt to keep separate records and do not know the individual players.

### TIMEKEEPERS' DUTIES.

See that the timers know how to stop and start the stopwatch and that they have a separate watch for keeping the "time out" taken for delays. When, as often happens, a stopwatch is not available, the timers' duties become very difficult; in fact, absolute accuracy, to the second, is impossible. With an ordinary watch, each delay makes two problems in arithmetic, which should be done on paper by the assistant timer. This is best done by noting the minute and second when the game would stop if there were no delays, and then adding to this the seconds and minutes taken out for each delay. A well equipped court should have a six-inch wall-gong within reach of the timer.

### LINESMEN.

Then make the acquaintance of the linesmen and see that they have suitable positions at the ends of the division lines and are equipped with whistles. They should know that a player can step upon or in the twelve-inch

neutral space, but cannot touch the ground beyond; and that when two narrow lines are used, they are supposed to measure twelve inches over all. Suggest that the space between be temporarily marked with wet chalk. A player has not technically committed a line violation if she leaps across the corner of the adjacent division to out of bounds, in order to prevent falling over the division line.

It is often necessary to make a statement to the spectators crowded under a goal or seated in a gallery near the backboards, since they must keep three feet or more away from the goals.

When the spectators are standing or seated near the boundaries, the referee should ask that the ball be not caught or batted by them.

If there are any special ground rules necessary because of projecting obstructions, or a shortened time because the game started late, these should be announced to players and spectators before the game, to prevent disagreements later.

In your talk with the captains, make sure that they understand that substitutes must report to you, so that you may announce the substitution with name, position and team. The captains are the only ones who should converse with any official during the playing time.

### DIFFICULT DECISIONS.

The most frequent foul in women's rules is that of overguarding an opponent who has the ball. Then come running with the ball, delaying the game, and rough play. You must have a clear mental picture of legal guarding with the arms in vertical plane, and be ready to illustrate if your strictness or judgment is questioned. A player cannot reach forward or place an arm around an opponent's body while guarding from behind, and this relative position occurs constantly because a good player with the ball turns her back upon the nearest opponent.

Making progress with the ball is clearly defined in these rules. Many nervous players make short sideward steps unconsciously while holding the ball and are surprised when the foul is called.

Delay of the game may be due to holding the ball too long either in the court or out of bounds, in taking more than ten seconds to attempt a free throw, in failing to get upon the feet quickly while holding the ball, and in failure to get into position quickly when the ball is to be tossed.

The players and spectators size up your ability in the first few minutes of play, and if you have called the first fouls strictly they know that you are not to be trifled with, and the game becomes fast and clean.

You should announce a double foul by indicating the offenders and calling "time out" to the timers. As there is no advantage in the first free throw, you should get the ball and place it upon the nearest free throw line without delay; then stand near the goal to secure it after the throw and carry it to the other free throw line.

When the ball goes out of bounds, you should instantly blow the whistle and indicate the player entitled to it by calling "Red out," or the team name, since each player must know in order to develop team play.

### COUNTING FOR HELD BALL.

Begin counting aloud the five seconds limit as soon as the player has the ball and is standing at right angles to where the ball went over the line, remembering that she need not come up close to the line to be in position. A person ordinarily counts ten in five seconds, so you must practice counting five seconds while observing the second hand on a watch. This is important, because you must frequently count three seconds accurately while the player has the ball in bounds. Making a practice of counting aloud will speed up the game when you discover that certain players are inclined to delay passing, and for the last count substitute the whistle blast calling the foul. Note that a wise player may really hold the ball almost six seconds by putting in the one juggle or bounce, and these plays need counting.

### THE WHISTLE.

The best make of whistle for women's use is the deep two-toned whistle with short chain for attachment to the clothing. The shrill-toned whistle with cork ball is not so distinctly heard when a feminine group is cheering a fast game, but this sort of whistle may be used by the umpire and linesmen. The timer should be furnished with a horn or gong. The whistle should be carried between the lips for instant use, except when counting, and especially when tossing the ball between two players, both hands being needed to make an accurate vertical toss.

When two players hold a ball or you do not know who touched it last before it went out of bounds, blow the whistle and call "Tie ball" or "Jump."

### PUTTING THE BALL IN PLAY.

Make a practice of tossing the ball always the same height. Do not follow the ball up with your eyes, but watch the jumpers and whistle when you know the ball is beyond their reach.

a. **AT THE CENTER.** The referee when tossing the ball at center, should stand in a triangle with the players and hold the ball between them, thus preventing too close playing. Note that five feet are in the ring, counting one of yours, and that each of the centers has a hand in contact with her back. When the ball leaves your hands, take one quick step backward, then another slow one, thus avoiding the center play, without getting in the way of circling side-centers. Running off the court will surely cause interference. Your judgment should tell you where to step after the ball is in play. This position is shown in "A" of the diagrams, which are modeled after those in the invaluable article by Homer S. Curtis in Spalding's Official 1917 Basket Ball Guide for Men.

Diagram "B" shows another position at center which the referee can occasionally take after the toss. You have discovered that one center always taps the ball forward and runs sideward and that the side-center will not be interfered with if you step around behind this center. Such a move gives you an opportunity to enforce the rule of "Hand behind the back" on both centers.

b. **FROM OUT OF BOUNDS.** Diagram "D" represents the relative position of the jumping players and referee when the ball is brought in from out of bounds or has been held in tie within bounds. You should secure the ball and stand with back to the nearest side line, making the players come to the spot which you indicate. Toss the ball with both hands and step instantly out of the zone of play, which means out of bounds when possible.

### REFEREE'S POSITION DURING FOUL THROWS.

Diagram "C" shows where the referee should stand when you are the only official and there is space for you to stand out of bounds. The rules require the referee to secure the ball and immediately place it upon the foul line of the offended side or hand it to the thrower if she is already standing upon this line. This is a good rule to speed up the game and a point where it previously has been full of delays, and you should begin counting the ten seconds aloud, only continuing silently when the thrower begins her aim or throwing motion. This ruling has been in force in men's rules for some time, but many officials do not begin counting at the instant when the ball is placed upon the line, as the rules require, but wait until the thrower has come to the line. Such delay is really the fault of the official, and captains must be instructed to have their free thrower selected before the penalty is awarded, since if more than ten seconds are taken to decide, there will be no throw to try.

The ball is in play after a missed free throw, so your position under the goal will allow you to watch the scrimmage and you can readily tell when the ball or player goes out of bounds. Your position here, facing the players, will tend to make them observe the free throw lane and prevent crowding. If the goal is made and no line violations have occurred, you should catch

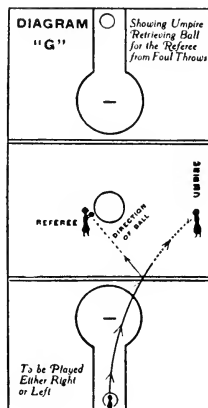
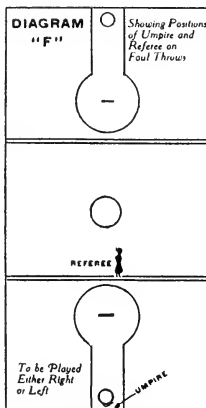
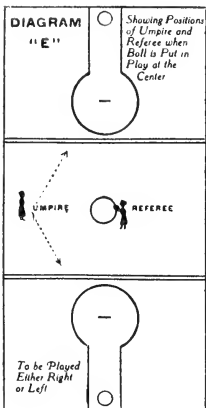
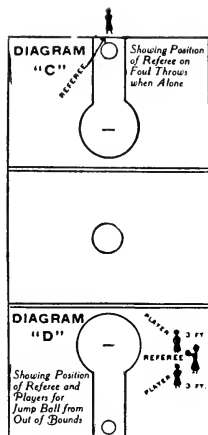
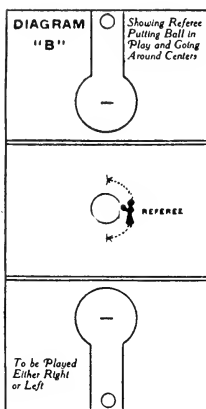
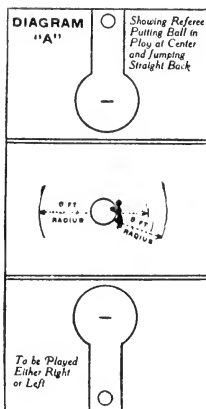


Diagram "A" shows the limit of distance the Referee should move in the first few seconds after tossing ball. Diagram "B" represents a Referee who dodges the players by stepping behind the weaker of two jumpers. Diagram "C" shows Referee out of bounds. Diagram "D" emphasizes that Referee should be nearer the wall than are the jumpers. Diagram "E" shows Umpire covering opposite side from Referee. Diagram "F." Here the Umpire assists the Referee by standing out of bounds. Diagram "G." This carry of the ball by the Umpire results when a foul goal is thrown.



the ball as it drops from the basket and hasten to the center for the next toss, passing close by the scorer and announcing the score to the spectators. At the end of the half it is often wise to hold a short conference with the captains, asking their criticism and offering to explain any interpretation which may have been made. Do not get chummy with any players at this time, as the other team might think of favoritism.

Finally, the referee should not consider herself a policeman, a coach, nor a spectator. The referee's sole duties are to interpret the rules and carry on the game without delay.

### DUTIES OF THE UMPIRE.

The common practice of alternating the duties of the referee and umpire, at the end of the first half in women's basket ball, has no place in the rules of the game, but is done as a matter of courtesy. This has given rise to the impression in the minds of many good players that the umpire is a supernumerary official who merely acts as a check for poor refereeing. Really, the two officials are necessary, and their duties are distinct. They should work together to make a fast, clean game, enjoyable to players and spectators. The umpire can call all fouls, but should especially watch the players away from the ball, since the referee has particular charge of the action about the ball. You cannot consider yourself a competent umpire if you stand or sit on one side and occasionally call a double foul when the referee has designated but one offender. You should assist the referee on out of bounds decisions, not by blowing a whistle and announcing the side, but by quietly indicating to the referee the player who is entitled to the ball when the referee would otherwise toss it up. Your whistle should be held between the lips and you should take a position facing the referee at the start of the game, as in Diagram "E." When the referee starts toward one end following the ball, you should travel the other way and at all times command a view of the court remote from the referee. At each toss you again assume a position on the opposite side from the referee. Although you will not cover so much ground as the referee, by constant shifting you will enable the referee to follow the ball more closely.

Diagram "F" shows the best positions for referee and umpire during free throws. The umpire will be located under the goal, as the referee was when officiating alone. The referee should stand upon the neutral line behind the thrower and observe the throw. When the goal is made, the umpire secures the ball and, as illustrated in Diagram "G," runs with it toward the center and makes a short pass to the referee, who is already in position for another toss. When this team work is promptly done, the officials are invariably ready and waiting for the players, instead of waiting for some spectator to throw the ball to center.

The umpire can often retrieve balls from out of bounds quicker than the player who is entitled to it, and this always should be done to speed up the game. There is little danger of over-speeding the game, now that four quarters with three regular rest periods are used.

When both officials call fouls upon one player, the penalty for the graver offense should be the one enforced. A "line violation" could never take precedence over "delay of the game," but a "personal contact" foul always would be more important than one for "making progress with the ball."

Every coach should try to select two or more persons who are interested in the game, although not regular players, for training as officials. The best officials are not always star players. A coach should rarely, if ever, referee a match game of her own team. The suspicion of partiality cannot be eliminated, although the coach may be competent in knowledge of rules, physically fit, prompt in making accurate decisions at the cost of popularity, and possesses the ideals of a perfect sportsman. It is a worthy work to teach a team to "win if they can fairly, but lose gracefully if they must."

The development of a good official needs the experience of several seasons, and the average official may not fully meet the ideals set forth in this article; but every point understood will improve the conduct of our national indoor game.

## Citizenship Through Games

BY MISS GERTRUDE DUDLEY,

Director of the Department of Physical Education for Women,  
University of Chicago.

Games now are almost universally accepted as a necessary part of any physical education programme. This is a real satisfaction to those of us who have long believed no physical education schedule complete without them. It is also encouraging to learn that some of the schools and a few of the colleges and universities are using the large group games as a substitute for the smaller selective teams, in some cases choosing a final team toward the end of the season from the masses playing. Just the reason for this change in policy we do not as yet know, but I like to believe that one of them is the rather tardy realization of the important part games have in any educational programme the purpose of which is the making of citizens.

We have been very slow in realizing the need of preparation for the responsibilities of citizenship. Only very recently have we understood that the election booth was but a small part of the qualifications needed to make one an intelligent and valuable member of any community. And while we all now agree that a knowledge of the party machine is inadequate preparation to meet the new responsibilities surrounding us, educators have put in motion no general plan by which the spiritual and mental qualities fundamental to successful citizenship may be taught. In the last analysis team work is the basis of good citizenship, and women have had too little training in team work. Theoretical courses, outlines for organizations and plans of work are all valuable; but we need even more than these the practical demonstration of the presence or absence of fundamental qualities. We need to see the success which follows the use, and the disaster which inevitably follows the absence, of these qualities. In no course that I know of is the same opportunity given for this teaching and demonstration as is found in organized games, and only to the extent that the instructor makes these principles basic in her work is she meeting her opportunity or her responsibility. Games offer the rare opportunity of teaching the principles of good living and doing it through play.

These principles, essential for the development of successful team work, on the athletic field, in social or business life, include among many others,

- A sense of loyalty, not only to others, but also to one's own ideals and standards;
  - A fair-mindedness which makes possible the selection of persons based upon their worth and ability rather than upon their social position, bank account, or a personal liking;
  - A willingness to share the praise and accept the penalty even when the decision preceding the penalty was an error;
  - A silent and prompt obedience—only those who know how to obey can ever lead;
  - A knowledge of the rules of the game—ignorance of the rules often leads to defeat;
  - A quality of imagination which can foresee the result of action;
  - A control which expresses itself in accuracy, definiteness and decision;
- And last, but by no means of small importance, the sense of play so undeveloped in many women.

It is only by the establishment of these principles, and others of perhaps equal importance, that a game can reach any degree of perfection; perfection not only in the playing, but in the spirit of the play, which is of even greater importance. If during preparatory school and college days these principles are firmly established, is it not logical to suppose they will hold over into non-athletic activities? If on the athletic field one learns to be fair-minded,

to be loyal, to eliminate the desire of personal glory for the good of the group; if there one sees the failure which inevitably follows the absence of these qualities, it is difficult to believe these will all be forgotten and packed away with the diploma. One seldom hears a group of alumni in their discussion of college affairs mention a course in ethics or biology, but frequent reference is made to a game or some event enjoyed on the athletic field. "Our team" or some special game seems to be the most vivid memory, and it is because of the persistence of these recollections that the teacher of games has an opportunity and responsibility equaled in no other department of education. She has the opportunity from the kindergarten up to the graduate school to develop a group consciousness, to substitute for the undisciplined individualist the co-operative worker, and to do it all through play.

One sees among all types of workers to-day the failure which follows lack of co-operative work and ignorance of team play. Desire for individual glory, which in the game expresses itself in star plays, we find later evinced in the attempt to take all the credit for a piece of work simply because the worker is chairman. We can all think of games that have been lost and fine projects which have resulted in failure because the captain or leader was chosen for some reason other than "fitness." That we did not know a certain move was a foul does not fail to give our opponent the advantage, nor does the excuse that we did not know the rules of the organization with which we were working lessen the criticism or often the disaster which follows the breaking of them. A lack of co-ordination on the field results in lack of confidence in one's ability—the ball only under great necessity is thrown to the inaccurate player. Responsibilities requiring fine adjustments in work or play cannot be given to the unco-ordinated person. Perhaps even more serious is the lack of confidence in a person's veracity which invariably follows inaccuracy of speech. We desire positions of responsibility, but should not our preparation for them be so thorough that the question, "Is she loyal?" now found on all recommendation questionnaires, be unnecessary? Can there be any more destructive factor in games or work than indecision and the constant changing of one's mind? It dissipates energy and gives an atmosphere of instability to any undertaking. If we analyze carefully we find that almost invariably all this confusion, ineffectiveness and failure to obtain results is due to lack of training in team work.

Though this condition has long existed among workers, and the standards of women's work have not been raised in proportion to the increasing opportunities open to them, we have been slow to realize and to use one great means of remedying the condition. While theoretically we may believe that games would be one solution of the problem, colleges and schools have to no large extent used them for this purpose. Nor do they as yet exercise the same care in the selection of teachers in this field as in other directions. Even when the attempt has been made to find the "right person," too often the "coaching" of beginners is left to some upperclassman who is a fine athlete. It does not necessarily follow, however, that because she is a fine athlete she has the qualifications of an educator. If some part of the physical education schedule must be left to the untrained person, it should not be the instruction in games so essential in the training of a student for her future responsibilities. A gymnastics "day's order" can be formulated by an expert and led by some non-professional assistant, but there can be no definite outline made for the teaching of any branch of work where the individual is allowed so much initiative and judgment in the use of rapidly changing situations as is possible in organized games. This work must be done by a person of vision—one who can analyze the characteristics of her players—and upon the basis of that analysis do the constructive work needed; and for this kind of education, athletic ability, though valuable, is not adequate.

Games long have been a part of the recreational life of the child and have assumed increasing importance in the educational world. The time is now here for their incorporation as a fundamental part of the training for citizenship which every educational institution must realize is its first responsibility.

## The Beneficial Results and Dangers of Basket Ball

By DR. J. ANNA NORRIS.

The most popular indoor game in a girls' gymnasium is basket ball. Its vigorous competitive spirit, its opportunities for individual brilliant play coupled with its necessity for controlled team work, its rapidity, its joyousness and its resultant feeling of well-being, all contribute to this situation.

Physiologically it has the advantage of securing widespread hygienic results with a disproportionately small demand on the heart. This is accomplished because it requires the activity of large groups of muscles for a moderate length of time without requiring maximum effort of any one of them.

Its first noticeable physiological result is the quickening and intensifying of the heart action and of the breathing. This indicates that the heart and lungs are being called on to hasten the withdrawal from the blood of the large amount of carbon dioxide which is being thrown into it by work of the muscles. A condition of breathlessness after exercise shows that the heart is having difficulty in keeping up its end of the work, and if not relieved by respite it may prove unequal to the task. In this case a condition of "strain" may ensue. In the untrained person this sign of heart embarrassment may occur very promptly during strenuous exercise.

It should go without saying that a medical examination should be a prerequisite for anyone who wishes to enter a basket ball class or squad, in order to make sure that no organic weakness exists which would be aggravated by such vigorous exertion. But in addition to this, if the girl is untrained physically, the instructor should be keen to observe conditions of breathlessness as stated above, because of its being an indication of heart embarrassment. Without doubt, untrained hearts which are sound will increase in strength and in quickness of reaction to exercise, if only they may be allowed time for growing stronger. This may be accomplished in basket ball by playing for very short periods of time; e. g., by playing quarters instead of halves, or by sending the breathless ones out to rest for a few minutes, and by keeping the total time of practice strictly within hygienic limits.

The observation for this latter purpose should not be confined to the gymnasium floor, but should include a report as to whether the girl is more tired later in the day, or too tired to study in the evening, when she should be better fitted for clear thought as a result of her vigorous exercise. It is not enough to secure a statement as to whether she feels tired at the end of the practice, for her exhilaration of feeling may blind her to fatigue. Report from her home that she is over-tired on the evenings after she has played basket ball should result in shortening her periods of playing, and may occasionally make it necessary for her to give it up and substitute some milder form of exercise.

The restrictions imposed by the official rule which divides the field into three courts has done so much to eliminate heart strain, that many a girl can play the game safely now and will grow stronger by it, who, under the old rules, would not have been permitted to play at all.

Another important hygienic result of basket ball comes from the use of the big muscles of the trunk in bending and twisting and the upward movement of the arms in throwing the ball. The permanent uplift of the ribs and the broadening of the subcostal angle afford added room for the vital organs, while the strengthening of muscles of abdomen and loins gives support to the organs. The strengthening of the back muscles goes far toward banishing backache and tired feelings.

All the good results of stimulating the lymph flow, which come from deep breathing and muscular contraction and joint action, are gained par excellence through basket ball. Irritations, nervousness, tenseness, headaches, tired feelings and other results of indoor lives accompanied by mental and emotional stress, may be sent a-glimmering by a properly conducted game if the individual has the organic strength for it.

It always must be remembered that the fascination of the game is so great, and the sense of responsibility to the team in a match game is so strong, that there is temptation to play at the time of menstruation.\* Strict rules should be made, and if possible the public sentiment of the school should be so strongly developed in favor of living by them that the captains of the teams may be entrusted with enforcing them. One of the good reasons for employing women to teach basket ball is that they can talk with the players regarding this matter with entire frankness.

The nervous strength of a girl should be considered with great care when choosing players for a class team. The strain of a championship interclass game is so much greater than that of ordinary playing, that a girl who is lacking in nervous poise may go to pieces under it. The loss of confidence following such a breakdown of morale is a real detriment to any girl and she should not be subjected to it. On the other hand, if she realizes that calm mental poise is going to count heavily in her chances for making a team, she may put herself under a stricter discipline than if no prize were in view, and the educational effect will be most helpful.

When one comes to speaking more in detail of the educational results of basket ball, there are many benefits to be found accruing from it; in fact, it is educationally one of the most important games that exist for adolescent girls. It makes a call that is as insistent as in any of the less highly organized games, for alertness, accuracy, observation of rules, training of the eye and of general co-ordination, and in addition it can teach invaluable lessons in the socially important virtues of good sportsmanship, loyalty and team play. That it does not always do so is a reflection on the spirit of the instructor, not on the game.

It is quite possible for it to foster a spirit of boisterousness and mannishness, and this is especially likely to crop out if match games with other institutions are played, or if newspapers over-emphasize the event, or if games are played before audiences that treat them as spectacles. In such cases, not only is self-display likely to creep in, but the rivalry may become a bitter antagonism, so that good comradeship between opposing teams may be absent, and the lessons are lost that might have been learned by either winning or losing with dignity. The danger of the development of the wrong attitude is one of the strong reasons brought forward against permitting interscholastic games.

But if the game is strictly and amiably and helpfully refereed, and if it has been taught in the spirit of good sportsmanship, it has splendid lessons to enforce. The quick action in emergency, the cool thought in trying circumstances, the keeping of temper when losing or when accidentally jostled, the perseverance when the odds are against one, the forgetfulness of self in the attempt to perfect team play—all these educational experiences must tend in the direction of improving the girl's attitude toward her fellow workers in later life and toward making her a better co-operating member of society. Much as we esteem the game for its value in helping to build up vigor and endurance, we consider that its function in disciplining the vigorous young people who can play it gives it a prime claim to the popularity in which it is held by the teachers as well as by the taught.

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\*It is accepted by most authorities that there should be no basket ball during at least three days at this time.

# Basket Ball in the Normal Schools of Physical Education

BY HARRY EATON STEWART, M.D.,  
The New Haven Normal School of Gymnastics.

For many years the normal schools were not in direct association with the Committee on Basket Ball. With the recent reorganization of the Committee, under the auspices of the American Physical Education Association, came the recognition of the fact that these schools could be of great assistance to the development of the game, and it is now hoped that, through the auxiliary committee, every normal school will be directly or indirectly represented.

Physical educators nearly all believe that girls should play a different game from that played by boys. Just how much, and in what ways the two types of game should differ, is by no means a simple problem, and wide variations of opinion exist.

The general trend of recent observation and study on the problems of woman's physical endurance has been to show that her physical powers are much greater than is generally supposed. The demands of modern life, and especially of the present, when the call for productive labor along all lines is so great, make it imperative that we give as complete and thorough a physical training as possible to every girl. It is obvious that we also must be certain that while seeking through athletic sport to attain this preparation for life, we do not break down and destroy health by overdoing.

The normal schools of physical training are peculiarly suited to work out the particular problems that a complicated game like basket ball present. Because of the nature of their training, the students make good and well supervised material for the study of the effects of different types of the game on health. It is necessary, as many of the girl students teach in playgrounds and schools, that they know and are able to teach men's rules. Some of the schools also use the "New England Rules," "Newcomb" and other types of the game.

The movement, now well developed, to bring together all the best features of different types of rules, has been shown by the changes and improvements in the present women's rules. These rules must form the basis of all normal school teaching and will be rapidly improved if they are so used by all schools. The normal schools must devote themselves to the study of the effects of the game on the *average* girl, realizing that they themselves constitute a selected group having distinct advantages over the secondary schools or colleges.

Since the normal schools train coaches who in turn very largely control the standards of ethics under which basket ball will be played, it is of supreme importance that the spirit of fair play and good sportsmanship be emphasized in all their teaching. Good leadership is absolutely necessary to keep the game on a high plane, and we must see to it that every coach sent out by us, from whatever school, has caught a vision of, and is upholding in every way in her power, the "spirit of the rules."



1. Southern Methodist University, Dallas, Tex. 2. Southwestern College, Winfield, Kans. 3. Centralia (Wash.) High School. 4. Sophomore Team, Munhall (Pa.) High School. 5. Junior Team, Munhall (Pa.) High School. 6. Paneburn (Ark.) High School.



1, Sophomore Team, State College for Teachers, Albany, N. Y.; Miss Jeanne Gray, Instructor of Physical Education. 2, Central High School, Lonaconing, Md. 3, Ticonderoga (N. Y.) Red Sox. 4, Sinai Eagles, Chicago, Ill. 5, Evanston (Wyo.) High School. 6, Kirksville (Mo.) High School.



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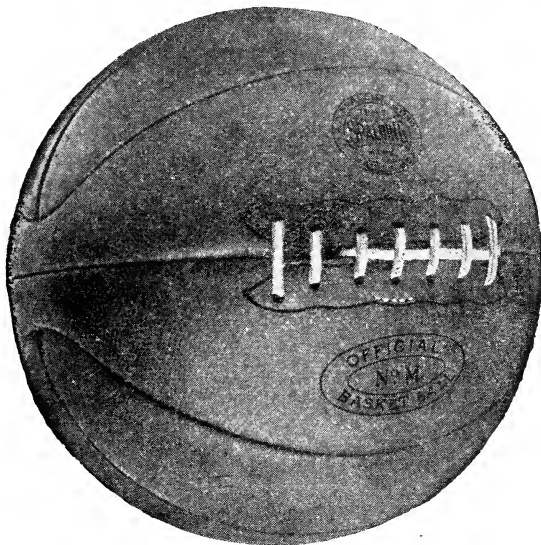
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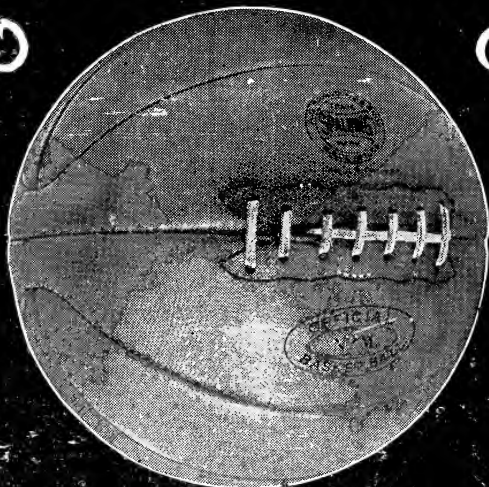
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